

The Bethel Citizen

Volume C - Number 04

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40¢ a Copy

Mechanic St. work

Town must first find some evidence of title

And residents question new layout

By MICHAEL DANIELS

Lack of clear title for any title to Mechanic Street and its presumed right of way may delay the final phase of the \$2.6 million town-owned revitalization project.

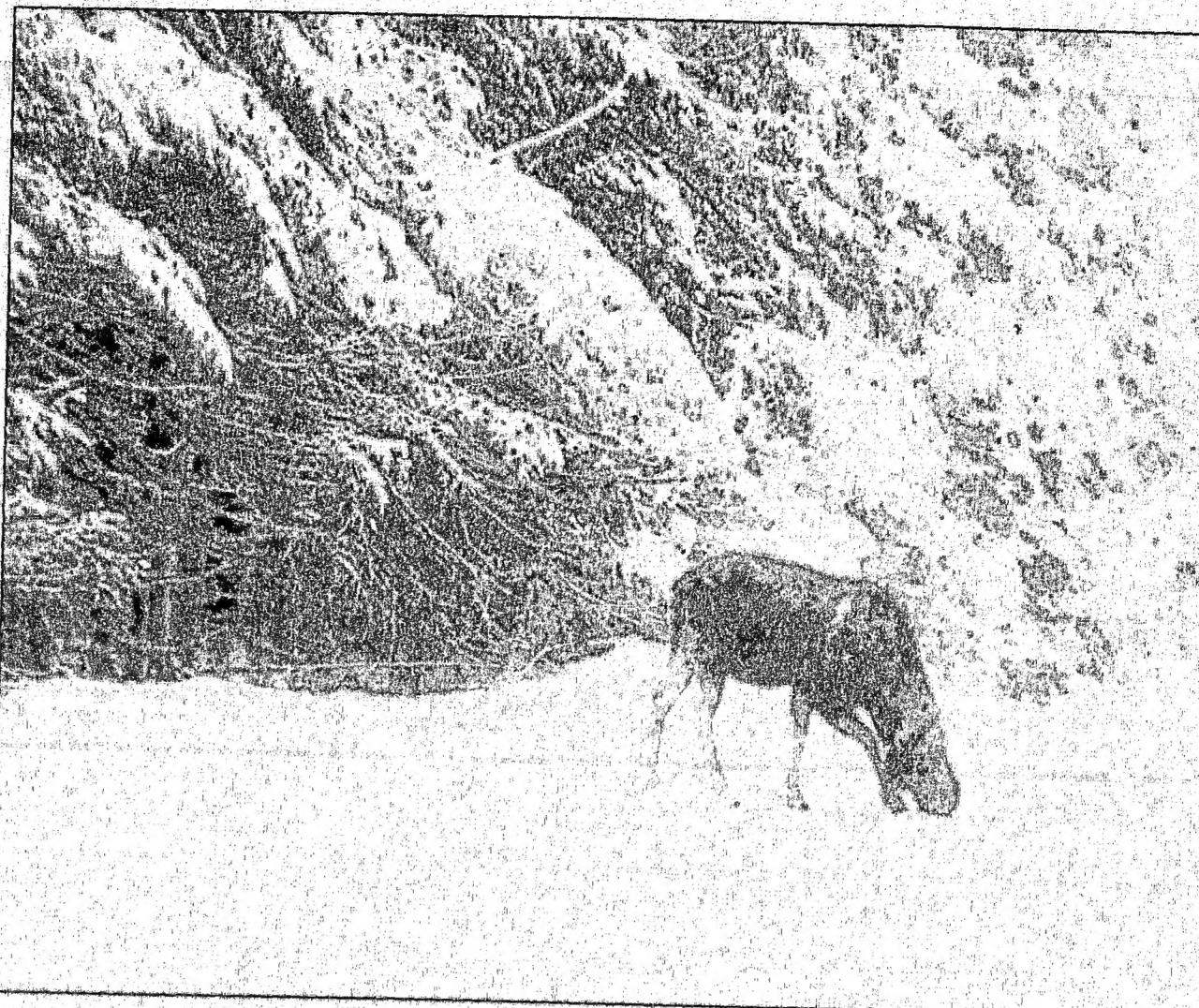
The title party, says town manager Madeleine Henley, is the first of three that will be held to determine the town's right of way. The town is currently in the process of acquiring the property from the former Bethel State Prison.

'Trying to tell truckers where to drive is like trying to get NTL to walk on the sidewalks.'

week attorney Mike O'Donnell, who is representing the town in the matter, said. "All the town is asking for is the people who live on both sides of the street to affirm what's there."

There are 16 property owners along Mechanic Street. Town Manager Madeleine Henley told the dozen who turned out last week, "no body knows the layout of the road layout. You don't know and you don't know."

See MECHANIC STREET, page 2



GETTING HIS LICKS IN—This moose, spotted just outside Grafton Notch State Park, spent part of a snowy Sunday afternoon licking salt from the highway. Three days of snow flurries have made the woods white again and cold weather is supposed to return by the end of the week. The weather may have pleased winter sports enthusiasts but it took a toll on local drivers. The Oxford County Sheriff's Department received 44 reports of accidents over the weekend, due to rain, freezing rain and snow.

(Photo by Wendy Hanscom)

In court with O.J.

By MICHAEL DANIELS

It was supposed to be a two-month vacation — away from domestic violence, its victims, lawyers and courtroom power plays.

But this was one family violence trial that Lynn Mason, coordinator of Bethel's Safer Families Program, couldn't say no to.

While waiting in Los Angeles last week for a freighter that will take her to New Zealand, Mason had an unexpected chance to spend the day Friday at the preliminary hearing of the O.J. Simpson murder trial.

The reality, she reports, is far less glamorous than its televised image. Her day in court was filled with legal skirmishing over witnesses and evidence, enlivened only by the "grandstanding" of defense attorney F. Lee Bailey.

The courtroom itself was a dreary setting, "not at all as elegant as it appears on TV. It looks like any old district court — it's not nearly as impressive as the Rufford Court."

Mason departs this week for New Zealand, but she plans to catch another day of the trial in early March, when she passes through L.A. on her way home to Bethel.

And just how did she get that coveted seat in the O.J. courtroom? "A pass from the Los Angeles Police Department," she said.

But she wouldn't say just how she came by the juice to get that pass.

Andover school

Parents question use of Indian rituals

Parents of children in the Andover Union Free School District are questioning the use of Indian rituals in the school's curriculum.

The parents are concerned that the school is using Indian rituals as a way to teach children about Indian culture.

The parents are asking the school to stop using Indian rituals in the curriculum.

The school is currently using Indian rituals as a way to teach children about Indian culture.

'Ritual helps us to honor and respect other living things besides people.'

ANDOVER UPDATE

Andover parent Donna Smith said she thought part of the article suggested the kids were practicing Indian rituals in the school.

made beads. We talked about animal symbols and tokens. The children made four beads signifying different ideas — silence, respect, shame and the importance of circles to Indians."

Andover parent Donna Smith said she thought part of the article suggested the kids were practicing Indian rituals in the school.

We shared the Andover Update, Smith said, and it seemed that the school was trying to cross the line and teaching religion. I called Barb Saben (lead teacher) and found out that the kids weren't actually participating in the ceremony. Our concern was the fact that the kids were learning about religion and that was what was happening. They were learning about Indian culture.

Saben said that if the school is teaching about Indian culture, it should be done in a way that is respectful and accurate.

An Andover parent, who asked to remain anonymous, said he thought the meeting closed the air.

We don't object to the school teaching about Indian culture," the parent said, "but we were concerned there is a difference between being taught and participating in an activity. I think the meet-

See RITUAL, page 2

District will stay in chamber

By WENDY HANSCOM

SAD44 will remain a member of the Bethel Area Chamber of Commerce.

Directors voted Monday evening to continue membership in the town profit group.

The district has already paid its \$148 dues for 1995. SAD44 administrators paid the fee out of their individual dues and fees accounts.

But Bethel director Merton Brown had asked the board to vote on whether this should be the district's final year of membership.

"I had in excess of 60 people contact me on this issue, and there wasn't a single person in favor of spending taxpayer money on the Chamber of Commerce," Brown told the board. "What I really object to is this clandestine, back door approach to get taxpayer money. For a number of years the town of Bethel declined to give the Chamber of Commerce any taxpayer money, and one year it was just \$25 they asked for. If each administrator in the district can come up with \$10

See CHAMBER, page 3

Petition challenges county ambulance service change

By WENDY HANSCOM

An Albany resident is circulating a petition protesting the Oxford County Commissioners' decision last week to change the ambulance service for Albany and Mason.

The two townships had been served by Stoneham and Bethel rescue services. But the commissioners awarded the contract to PACE of Norway, arguing that it will save county taxpayers money.

Dotty Dudley is circulating a petition asking the commissioners to reconsider their decision.

The petition states that the signers "feel that any monetary gain will be negated by the lack of response time resulting in the potential loss of life to residents in crises." Bethel and Stoneham ambulance crews are more familiar with remote areas of Albany and Mason, Dudley said.

The Bethel Emergency Ambulance Rescue Service agreed with Dudley. "There's no way they can get there as fast as we can," Arlene Greenleaf said.

The BEARS has been covering Mason and the northern half of Albany for 19 years, Greenleaf said, as well as other local county-run townships and plantations.

Stoneham Rescue has been responsible for the southern half of Albany for 16 years.

Bethel had been charging the county \$4,000 to cover Mason and part of Albany, while Stoneham charged \$3,831 to service the rest of Albany. PACE offered to cover the area for \$1,342.

"We're disappointed," said Bethel Town Manager Madeleine Henley. "We thought we offered a good service at a good price."

Changes coming in Bethel budget-building for FY'95

By MICHAEL DANIELS

Bethel will estimate its income this year, before it decides on its spending.

Town selectmen agreed last week to Town Manager Madeleine Henley's recommendation that the town adopt a revenue-based budget process for FY '96.

A number of taxpayers, including members of the town Budget Committee, have argued in the past for a revenue-based approach to budgeting. Henley said, but the town officials have resisted that approach because of the difficulty of making an accurate tax projection.

But now, Henley said, "I think it's time to at least give the process a shot, if for no other reason than it's fair to the folks whose wishes in this matter have been denied until now."

Also new this year, the selectmen and Budget Committee will work together to build a draft budget.

In the past the selectmen had approved their own budget, based on recommendations from department heads and the town manager. The selectmen's draft was submitted to the Budget Committee, where it usually ended up being cut.

The selectmen clearly hope that the new approach will bring an era

of better feeling to the budget process.

"Having joint meetings should help to diffuse the antagonistic attitude," said Dutch Dresser.

Budget dates

The board approved the following schedule for this year's budget process:

Feb. 13 -- Consideration of the revenue side of the budget.

Feb. 20 -- Workshop on personnel compensation and expenses (selectmen only).

Feb. 27 and March 13 -- Drafting an expense budget.

March 27 -- Final tally and votes on the expense budget.

April 3 -- Official vote on the overall proposed budget by selectmen.

Scheduled dates for elections and town meeting were approved as follows:

March 17 -- Nomination papers

See BUDGET, page 2

C. Gill indicted

By WENDY HANSCOM

The Oxford County grand jury indicted Charles Henry Gill, 58, Tuesday on 16 counts of the unlawful practice of psychology and one count of theft by deception.

The evidence presented to the grand jury alleged that Gill collected \$24,411 in salary from the Bethel Area Health Center based upon his assertion he was a licensed practitioner of psychology. Gill also allegedly collected \$4,000 in reimbursement from Medicaid for services rendered.

Last week Gill was also indicted by a federal grand jury in Portland, on two counts of making false statements in application and use of a passport.

The indictment charges that on May 23 Gill presented a passport with a false place of birth to officials at the BAHC.

He was also charged with later presenting the same passport for identification at the Oxford County Sheriff's Department.

According to a Sheriff's Department affidavit, Gill was hired to work as a clinical psychologist at the health center on Feb. 1, 1994. He was fired as director of human services in November, after the BAHC was unable to verify that he was licensed to practice.



ON THE TRAIL AGAIN AT MT. ABRAM—With a little overdue help from Mother Nature, Mt. Abram reopened Monday. Over the weekend, the Locke Mills skiway received seven inches of fresh snow. Ticket prices are \$10 (for all ages) through Friday, Jan. 27.

(Photo by Robert Hodgkins)

The children of Floyd and Vangie Keniston cordially invite you to attend an Open House in honor of their parents' 50th Wedding Anniversary. Please join us in celebrating this happy occasion held at the Keniston home in Bryant Pond on Sunday, February 5, 1995 from 2pm-4pm. No gifts please. Karen, Kelly, Kendra & Kendall

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Letters

AMBULANCE SERVICE SWITCH

To the Editor:

Residents of Albany, Bethel, Stoneham and Mason Township were given a rude awakening Wednesday, Jan. 18, when they read in the Sun-Journal that the Oxford County Commissioners had awarded a contract to PACE Ambulance for service to that remote area beginning Jan. 23 of this year.

As a resident of this rural area, I am shocked at the action of the commissioners and their arbitrary, unilateral decision to enact this service in lieu of the existing service which we are all familiar with, that of Stoneham Rescue and the mutual aid agreement with Bethel Rescue. The decision was much too smug.

It is my understanding that the only persons present at this meeting were personnel from PACE ambulance service. In speaking with Jim Carey, county commissioner, by phone on Jan. 18, he informed me that though he was concerned about the public's reaction he felt the monetary savings alone would make this a profitable move for the state. He said that PACE would be going out in the next few days and chartering all the back roads. People who have lived here for a lifetime still don't know these roads and the commissioners do not make an effort to put up road signs. Thus who loses? We the residents do. The callous action taken on Jan. 18 by the commissioners will cause a negative \$4,000 for Bethel Rescue and a negative \$3,800 for Stoneham Rescue. The two services have an excellent rapport, as Mike Stach, president of Stoneham Rescue, confirmed via phone. This could ultimately mean the demise of Stoneham Rescue, a service that is staffed by professional local people who are familiar with the area. Because they know the area their response time is minutes. PACE, by virtue of its location could not come close to their response time.

The selling point at the commissioners' meeting of Jan. 17 by the PACE staff was that they would have an ambulance at Sunday River that could cover the area in question. What they failed to say was that they are under contract to Sunday River and even then not on a year-round basis. I am sure if I were a skier at Sunday River and broke my leg I would not want the ambulance service running around Albany and Mason Township or vice versa.

Presently, ambulance service from this area is primarily volunteer and is supported by the communities served. If the PACE service is enacted, the cost of a one-way transport could run in excess of \$500.

It would appear that the commissioners in their efforts to save money for the state are jeopardizing the health and welfare of the residents of this area.

Derothy Duddy
Albany

OPEN YOUR EYES, BETHEL

To the Editor:

I came into the Bethel community 30 years ago as a newborn. After a year I, along with my parents, moved to Farmington when my father took a position with the university. I watched Farmington change dramatically while I lived there. These changes did not happen overnight. The strip development now in place was created over a 15 year period. First there was the McDonald's close to town, then the car dealers further out and then the mall. This all took place in the 70s. The 80s brought more fast food joints, more car dealers and more road upgrades. The 90s have seen Wal-Mart and four lanes of traffic from the Watton town line to the McDonald's and the preparation of land for more development all the way into the town of Watton.

I mention all of this because I see some very similar changes happening in Bethel since my return six years ago. I fear it is already too late to stop the impending development between Bethel and the Sunday River Road. Within the past three years we have seen five new businesses take residence along Route 2 east from Bethel. This year we see three new businesses, two of which are, yes, you guessed it, part of a restaurant chain, established along the same route. This does not mean that the Bethel State is moving or any of the new businesses along Main Street I have heard many people voice opinions against creating another North Commons. Well, it's happening, people, and Bethel Station has hands behind its back. It is inevitable Bethel is going to change because of the strip development. I am not a pessimist and I do not believe that we live in a world that is beautiful and desirable until it is too late. I believe that we live in a world that is beautiful and desirable until it is too late. I believe that we live in a world that is beautiful and desirable until it is too late. I believe that we live in a world that is beautiful and desirable until it is too late.

We, the residents of this wonderful community, have the ability to create a vision for the future that is good for all involved, but we must be willing to take the risk and be a part of all that is needed to make it happen. The Bethel Chamber of Commerce meets the third Tuesday of every month. I look forward to seeing everyone who cares about our community at the next meeting.

Andrew Chakravorty
Bethel

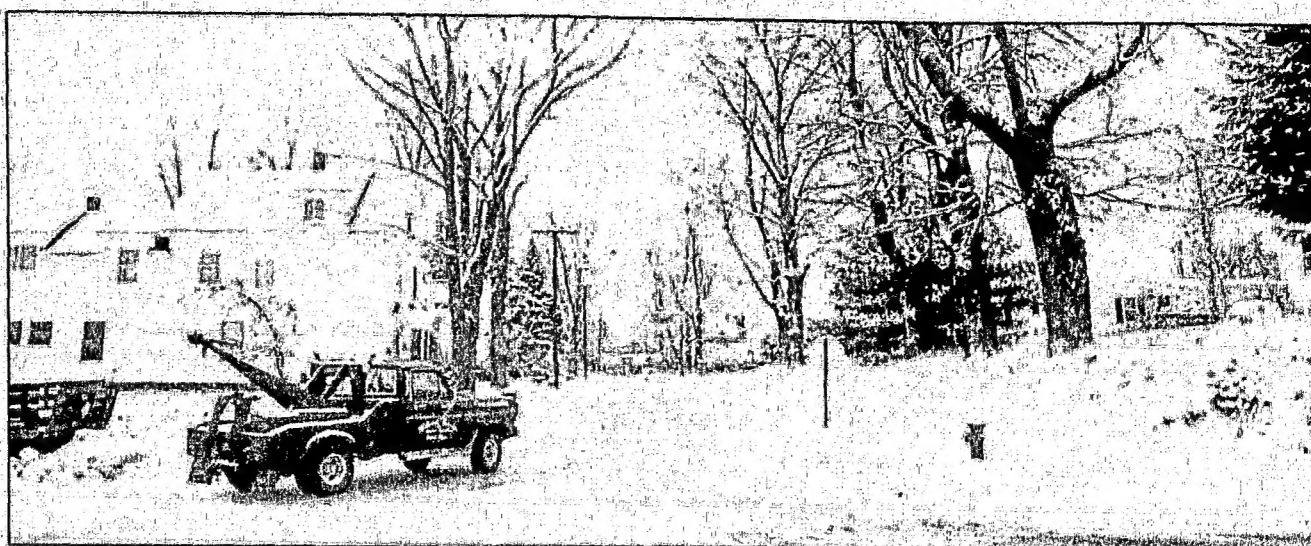
SAD44 BELONGS IN THE CHAMBER

To the Editor:

Few issues hold the temper and fire the spirit more than the wasteful expenditure of public funds. The merit of SAD44 membership in the Bethel Area Chamber of Commerce is currently one of those little pot-boiler issues. As a taxpayer I feel the pinch of escalating local taxes, often attempting to weigh the want with the need. I listen carefully to my friends and neighbors who now argue that the Chamber appears too business driven, undeserving of funds that can be better spent on education.

But that is the very point of the issue: it should be more business driven. Successful businesses pay for the programs, salaries, construction and expenses of our schools with real estate and personal property taxes. The top property taxpayers in SAD44 are businesses and their

(continued right)



CHANGES IN STORE—The Bethel selectmen have yet to decide on a final plan for revitalizing Mechanic Street, but some residents fear that any improvements will lead to increased truck traffic — and will further alter the residential character of the neighborhood.

(Photo by Michael Daniels)

Mechanic Street

Continued from page 1

later, its remaining options (in order of preference) are: 1) to file a lawyer's opinion that the town's title would be upheld in court, 2) to have a judge issue a declaratory judgment, or 3) take the land by eminent domain.

The last two options, Henley said, could take several months and delay the start of the project.

Design questions

In addition to clearing title concerns before beginning work on Mechanic Street, town officials must make a final decision on how the re-done street will be laid out.

The current work plan calls for an addition to the underground pipe work, two 12-foot-wide travel lanes and one five-foot-wide sidewalk on the west side of the road. Granite curbside would run along both sides of the road and there would be an important parking lot.

The Bethel selectmen have not yet decided on the current plan, but they are willing to work with property owners to come up with a plan that is acceptable to all.

Budget

Continued from page 1

for two selectmen, two assessors and two school directors will be available.

April 1 — Deadline for warrant articles.

April 28 — Nomination papers are due to the Town Office.

May 1 — Town Report goes to printer.

June 15 — Town selectmen meet to elect Park Board members.

June 17 — Town meeting at New Bethel Park School.

SSDC's

In other business last week, the selectmen agreed to pay \$17,250 for the Ben Horse Restaurant in Bethel Station and \$8,500 for the skit room.

Robt. Gaudreau, agent in charge of the town water treatment plant

parties would be satisfied with.

But there was little consensus at last week's meeting as to what amenities the street needed.

Some property owners wanted sidewalks, others didn't. Some wanted more parking, others didn't. Resident Stanley Gallant saw no need for sidewalks. "You're counting on traffic from (Bethel Station) and you don't know if you're going to get it," Gallant said.

Barbara Gallant worried about the effect of sidewalk construction on the street's large trees. "How do you know you're not going to cut the roots of trees as you go? And if it does, you'll say, 'I didn't do it,'" she said.

Henley responded that in other parts of the village, revitalization work has done "awfully close to trees, and they haven't been any damage."

Other residents complained truck traffic on the street is already an annoyance, and improvements to the roadway would only encourage more trucks.

But there is one thing to be sure

done about the truck situation.

"Trying to tell truckers where to go is like trying to get NTL to walk on the sidewalks," said O'Donnell.

No final decisions were reached at last week's meeting. The selectmen are expected to take up the matter again at their next meeting.

The "revitalization" of Mechanic Street is the final stage of Bethel's Downtown Revitalization Project. Since 1991 much of the rest of the village has received the revitalization treatment, which includes new sewer and storm drain lines, new road surfaces and in some cases new sidewalks and water lines.

Mechanic Street was not originally included in the project, but was added in 1993, with most of the work to be funded from savings in earlier parts of the project.

The water main work along Mechanic Street is being funded by a federal infrastructure grant associated with the Bethel Station development.

Henley estimated that once the project is underway, it will take 30 working days to complete.

It was Blum's second request. The first, last fall, was also turned down. "But," Blum said, "I noticed that when a plane crashed on my property, the town didn't hesitate to run a bulldozer and fire truck across my property in an emergency. I don't believe the people of Bethel would object to me having a telephone line across there."

The selectmen were clearly sympathetic, but as was the case with Blum's first request, they worried about compromising the marketability of the AIP lot.

Following a lengthy discussion of Blum's options, the selectmen instructed Henley to call the town attorney to see if there is some way to accommodate Blum's request without reducing the value of the town lot.

Ritual

Continued from page 1

ing went very well. We're very supportive of the school, and how the staff handled this matter."

SAD44 School Board director Sid Few also attended the meeting.

"I didn't see it as an earth-shattering thing," Few said. "I can understand that people get concerned about the teaching of religion in school; religion in schools is a real fine line."

Sabin said one thing she learned from the meeting was that the school's communication with parents could more detailed.

"We talked about communication issues," Sabin said, "and we decided we'd send more notices home, and explain what we were teaching, especially when dealing with other cultures. As far as I'm concerned it's a dead issue."

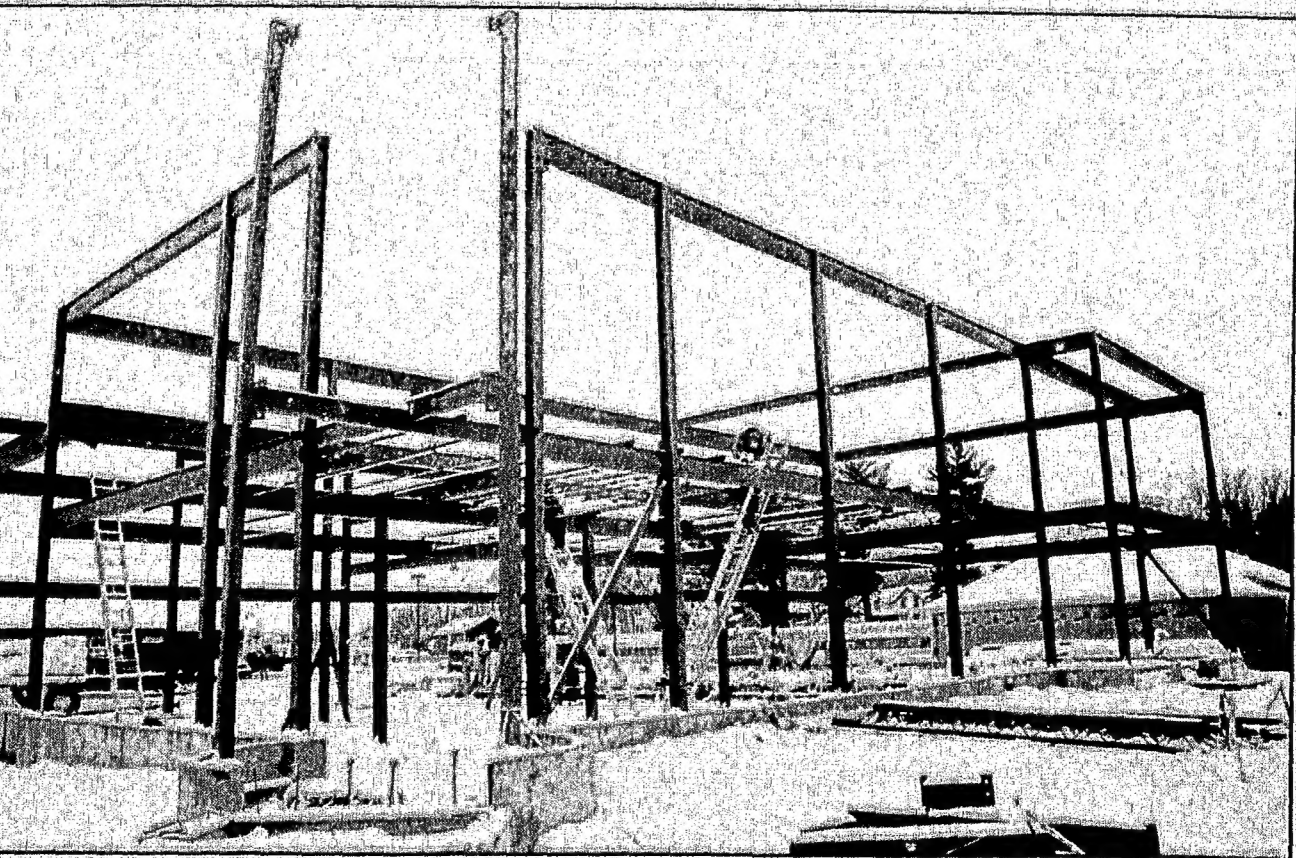
Murphy said parents were also told they have the right to exclude their children from any teaching they object to on religious grounds.

"It was the most positive meeting I've ever seen between parents and teachers," Murphy said. "Parents wanted to know more about what was being taught. They also found out they have the right to say what their children can participate in."

financial participation in the school system is substantially more than they receive in return.

Additionally, students, teachers and school administrators invariably approach area businesses seeking financial and material support for fund-raising efforts, after-school activities and programs. So with such an investment by area businesses in our school system, I believe it is short sighted of SAD44 not to remain a member in good standing in the organization of business: The Bethel Area Chamber of Commerce.

John Hayerlein
Bethel



MOVIE HALL MOVING ALONG—The framework is almost complete for Bethel Station's Casablanca Building, which will house a four-screen movie theater, a restaurant and two condominiums. The new building is expected to be ready for use near the first of May, according to developer Heine Merrill. The nearby train station (right) should be ready for use by March, Merrill said.

(Photo by Michael Daniels)

THIS WEEK AT THE Moses Mason House

During 1994, over 50 donors made a wide range of donations to the Bethel Historical Society. Among the hundreds of items donated are the following: published and manuscript genealogies, photographs and postcards, artifacts from a variety of fraternal orders, Telstar High School yearbooks, Maine town reports, old newspapers, town histories, local advertising signs, family Bibles containing genealogical records, Rangeley Lakes guide books, scrapbooks, Gould Academy material, account books, church and school district record books, blacksmith tools, old letters, song books, antique jewelry, early maps, framed diplomas and certificates, motion pictures, and genealogical journals. Much appreciation is expressed by the society for all these fine additions to the collection. Several of these items were highlighted at monthly meetings during the past year. Anyone with items that might be appropriate for the society's collection is urged to call the society, 824-2908, or write P.O. Box 12, Bethel, ME 04217-0012.

All members and friends of the Bethel Historical Society are reminded that the next monthly meeting will be held on Thursday, Feb. 2, in the meeting room of the Dr. Moses Mason House, beginning at 7:30 p.m. As this is the annual historical film night, a video, "Anchor of the Soul," a documentary about African-American history in Maine, narrated by Barbara Jordan, will be shown and discussed. All those interested are cordially invited to attend.

Over 300 donors contributed to the 1994 Annual Fund Campaign of the Bethel Historical Society. Among the last contributors pushing the total well over \$8,000 were Roy and Christina Kilgore, Nipomo, Calif., in honor of the Bethel Kilgore, and Stanley R. Howe, Bethel, in memory of Horton W. Emerson, Jr. and Archie Post.

Recent members added to the rolls in 1994 include: Theodore E. MacGibbon, Palatka, Fla.; Ronald Willard, Falls Church, Va.; Arthur P. Goltwald (Iffe), Alexandria, Va.; members who have opted to become life members during 1994 include Jayne Fife, Salt Lake City, Utah; Clifton and Grace Jackson, Wallingford, Conn.; Mary Brent, Springfield, Mo. Much appreciation is expressed to all of the above for their support of the Bethel Historical Society. Anyone wishing further information regarding the various categories of membership in the society should write P.O. Box 12, Bethel, ME 04217-0012, or call 824-2908.

LOOKING BACK

10 years ago: Former Bethel Inn manager Malcolm Jennings and his wife Elizabeth were found brutally murdered in their home in Jackson, N.H., located behind the Dana Place Inn, which was owned and managed by them. Bethel Inn announced a major expansion to begin in September 1985 with a conference center and indoor pool. The Blake farm in Bethel was one of the sites for which Boise Cascade of Rumford received permission to spread sludge. Brian Hathaway was selected for McDonald's All-American Band. Death: Alberto Poland, Robyn DeNormandie.

20 years ago: John Gasser was appointed general manager of the Bethel Inn. John J. Willard, Jr., Ph.D., chemical and textile consultant, was awarded a position as senior research consultant in Ahmedabad, India, by the Industrial Development Organization of the United Nations. Marvin Kendall was promoted to the post of controller for Country Kitchen Bakeries. Birth: Melanie Stowell. Deaths: Yvonne Charlton, Roy Tripp.

30 years ago: Glen Langley of the Gould Academy Outing Club won the fifth annual Mel Jodrey ski race at Sunday River Skiway. The James W. Sowell Company's proposed comprehensive plan for the Town of Bethel was presented at the monthly meeting of the Greater Bethel Chamber of Commerce. Goodwin's Insurance, Norway, marked its 100th anniversary. Birth: Dana Danielson. Deaths: Arthur Gray, Odian Turner, Warren Brooks, Herbert Brown.

40 years ago: A consignment of material was made into pajamas and a large number of surgical dressings prepared for Tugus Veterans Hospital by the Red Cross Service Committee under the direction of Bethel Branch Vice-Chair Faye Taylor. Cpl. Richard Littlefield received his honorable discharge at Fort Devens after 18 months' duty there and a year in Korea. Deaths: William Bean, Jesse Littlefield.

50 years ago: The trustees of the Bethel Methodist Church were completing preparations for the raising of \$550 for war relief and reconstruction. Gould Academy and Chadbourne buses transferred 48 passengers to Lewiston after a drive wheel came off an east-bound passenger train, causing broken steam pipes. Marriage: Phyllis Davis and Norman Dock. Deaths: Jennie Bosserman, Grace Stearns, Albert Park.

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The Bethel Citizen

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Deadline for town news items is Saturday noon. Advertising deadlines: Display ads, Monday, noon; Classified ads, Monday 2 p.m.

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Continued from page 1

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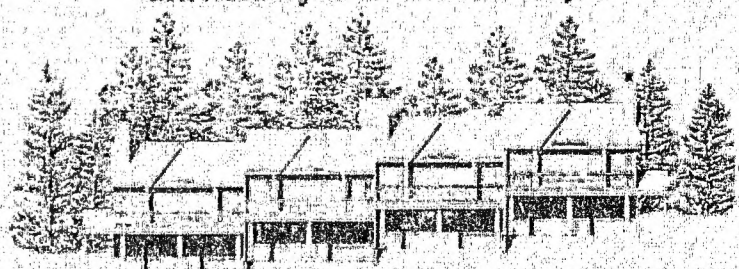
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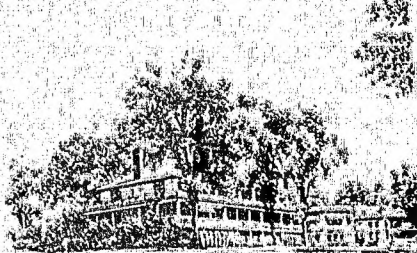
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GOULD SCHOLARSHIPS

Gould Academy recently noted local students who have been designated Maine Scholars. These are qualified students who receive financial aid grants from a number of named scholarships at the Academy.

The James D. and Consuelo Z. Alger Scholarship Fund was created for Maine students through a bequest from the late James D. Alger of Bethel.

General Alger was a member of the Gould Academy class of 1930 and a trustee of the Academy for many years. Students named as Alger Scholars for the 1994-95 school year are seniors Jessica Trundy of Rumford, Kendra Hutchinson and Marie Lowell of Bethel, juniors Darby Hickey of Bryant Pond and Hillary Harrison of Bethel, sophomore Amos Hausman-Rogers of Albany, and freshmen Rebecca Fraser and Elizabeth Kuzky of Bethel.

Senior Darren Wigley of Bethel is the recipient of the Edmond J. Vachon Scholarship for the current academic year, named in honor of Bethel resident Edmond J. Vachon, Headmaster Emeritus of Gould Academy. Vachon served as headmaster from 1958 until his retirement in 1968.

Parker Gray of Newry, a sophomore, was named as the Joe Rodenick Scholar. The scholarship was established in honor of Richard L. "Joe" Rodenick, director of physical education and coach of several sports at Gould Academy from 1942 to 1977.

Gould Academy grants scholarships to qualified applicants from throughout the United States.



MARGO POLAK

POLAK RECEIVES DEGREE
Margo Polak of Westbrook was recently awarded her M.S. degree in education from the University of New Hampshire. She is currently employed as a teacher at the Westbrook School District.

Polak is a graduate of Bethel High School and Bethel College. She has a B.S. in education from Bethel College.



FUN IS WHERE YOU FIND IT, EVEN IN A DIRTY SNOWBANK—So far, this hasn't been the best winter for would-be tunnelers, but Saturday afternoon Scott Lavallee of Upton managed to burrow into a snowbank big enough for a two-holer.
(Photo by Wendy Hanscom)

NOTES FROM

Adult Education

Upcoming Cabin Fever Specials featured by Adult Education in the Telstar Region include a seminar on Retirement Planning, a workshop on Financial Aid for College, and programs on Pasta-making, Herbs for Women's Health and Photography in Winter.

The retirement planning seminar will meet on Thursday, Feb. 2 and 9 from 6 to 9:30 p.m. at Telstar High School in Bethel. David Masterson of Farmington will be the instructor for Financial Strategies for Successful Retirement, covering ways of generating a steady income, protection of assets and minimizing taxes. The course provides participants with a step-by-step workbook and information on updated regulations. This is a perfect way to get your financial affairs in order. The fee is \$85 per person or \$40 for a couple.

A free financial aid workshop will be held on Wednesday, Feb. 1 from 6 to 8 p.m. at Telstar High School.

School, co-sponsored by Adult Education and the Maine Educational Opportunity Center. Linda Waltz is the presenter. She will present practical information on the process of applying for financial aid for high school seniors and for adults seeking to enter college. Free follow-up advice is available from the Maine Educational Opportunity Center.

Pasta-making is a cooking class taught by Catherine DiCocco featuring traditional and not-so-traditional sauces and toppings, with a multitude of tips, recipes and fun. The class will meet on Tuesday, Feb. 7 from 7 to 9 p.m. at Telstar. The fee is \$5 with a \$2 lab fee.

Herbs for women's health will be the topic of a seminar with Corinne Martin on Monday, Feb. 6 from 6:30 to 8:30 p.m. Topics to be included are nutritional patterns, testing systems and herbs to deal with specific illnesses. The fee is \$5.

Photography in Winter is Tim Mills' annual mid-winter treat for photographers of all levels of experience with 35 mm. He will include changes in depth-of-field and composition to accommodate winter light and will share ideas for obtaining excellent results from photographic efforts. The class will meet in Thursday, Feb. 2 from 7 to 9 p.m. at Telstar. The fee is \$5.

To enroll in any of the Cabin Fever classes sponsored by Adult Education in the Telstar Region, call the office at 824-2780.

BETHEL BICENTENNIAL STEERING COMMITTEE

All those interested in serving on the steering committee for Bethel's Bicentennial Celebration are urged to attend an organizational meeting on Thursday, Jan. 26, 7:30 p.m. at Stan Howe's home, 18 Broad Street opposite the Bethel Inn. Please use driveway entrance.

Those unable to attend the meeting, but interested in participating in some way in the celebration, should call Stan Howe at 824-2291 or at the Bethel Historical Society at 824-2291.

Dohrmann to head local YMCA program

The Oxford Hills YMCA has hired Debra Dohrmann as their Bethel program coordinator. A resident of Bethel since 1980, she now owns "Kinderspiel," a kindergarten daycare center in the morning and coordinates the Y programs in the afternoons. Before that she was a teacher, coach and dormitory supervisor at Gould Academy for many years. Her husband still teaches there.

Dohrmann is also the co-chairman of the Mahoosuc Arts Council Board of Directors, a SAD44 School Board Director, a Sunday School teacher and on the education committee at her church. The mother of two has a B.A. degree from Stanford University in California. "We received applications from all over the country, and interviewed some very qualified candidates," said YMCA executive director Karen Christensen-Knowles.

"Deb impressed us with her extensive experience, public relations skills, and community involvement. She's doing a fantastic job; she's organized, creative, friendly, innovative; we are very lucky to have her at the helm of our new program."

The YMCA began the new program with a schedule of 10 mini-classes over the holidays ranging from cooking, computers, and sports to newspaper reporting, storytime and clayworking. So far close to 200 children have participated in the Bethel programs, and the Y is planning on offering classes year-round.

"The response has been wonderful, and everyone has been supportive," Christensen-Knowles said. "We are filling a void in the community, providing a service to local children and provide employment to area residents. The instructors,



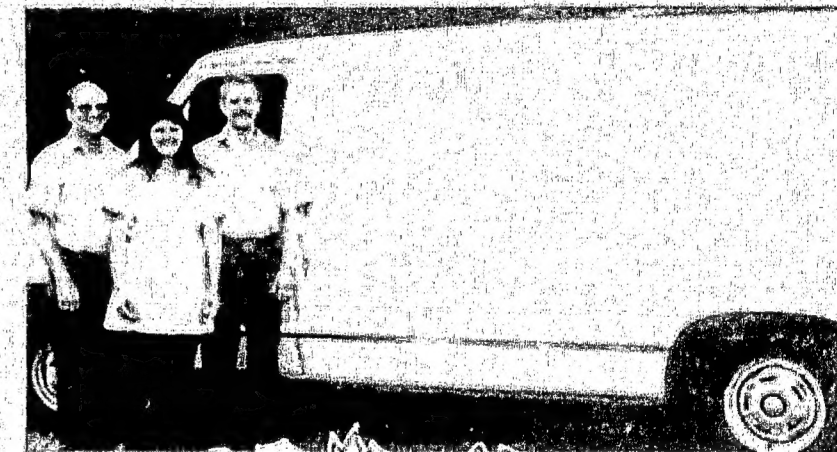
Debra Dohrmann

either teachers or community leaders all hired from the area, have been outstanding."

The YMCA will be sending out a community survey to Bethel parents to learn what their interests are for upcoming classes, and notices in the elementary school newsletter. "It's exciting to be a part of this new comprehensive YMCA program," said Dohrmann. The community has responded very quickly. There's a strong interest here. We're looking forward to an action-packed spring schedule which I'm planning now."

The YMCA is always looking for instructors to teach programs to children. Bethel area citizens are also welcome to call Dohrmann at 824-3194 or Christensen-Knowles at 743-7184 with program suggestions.

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SUN JOURNAL Sunday

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Gould J2 skiers among nation's best

The United States Ski Association released its first rankings of the 1994-95 season, and four Junior 2 alpine ski racers at Gould Academy burst into the top 50 in the United States in giant slalom.

Parker Gray of Newry, Dan LeBlanc of Plymouth, N.H., and E. J. Cheney of Bethel are ranked 17th, 22nd, and 36th, respectively, in the boys' J-2 category. Abby Lefebvre of Chester, N.H., is ranked 47th among the nation's J-2 girls.

Gould's director of skiing Tim LaVallee said that he was excited when he saw the rankings, but not surprised. "We have very good strength with this group of young skiers," he said. "We look forward to continued growth as the season moves on. I'm especially excited because these four are still in their first year of the J-2 category. They

have another season before moving up with the 17- and 18-year-old racers."

Another Gould racer, ninth-grader Eva Cardova of the Slovak Republic, would have been ranked 12th in the J-2 girls if she were a U.S. citizen. Cardova was recently named to the Slovak National Ski Team.

When ranked only among J-2 skiers from the East, the racers' positions jump even higher. Gray, LeBlanc and Cheney earned the 5th, 6th, and 7th spots, respectively, while Lefebvre took 15th. Had Cardova been from the East instead of Eastern Europe she would have been ranked third.

The United States Ski Association posts rankings of licensed competitors several times throughout the season. The J-2 category includes 15- and 16-year-old racers.



Kimberly Guinta

LOCAL POET PUBLISHED IN NATIONAL ANTHOLOGY

Kimberly A. Guinta of West Roxbury, Mass., and Greenwood has just had original poetry published in "River of Dreams," a treasury of today's poetry compiled by The National Library of Poetry. The poem is entitled "The Snowflake."

Kim has been writing for five years and her favorite subjects and ideas are morality and Romanticism.

She is on the dean's list at Roger Williams University, Bristol, R.I. and is an elected member of the Student Senate, president of the Elizabethan Society, and a Peer Tutor at Roger Williams International Center.

She is the daughter of Mr. and Mrs. Michael J. Guinta of West Roxbury, Mass., and Greenwood. She is the granddaughter of Jean Mills of Bethel.

ELEM. STUDENTS TO SEE "INDIAN IN THE CUPBOARD"

The Mahosuc Arts Council with the support of the Maine Arts Commission will present the Actors Theatre of Maine performing "The Indian in the Cupboard" on Feb. 1 for SAD44 elementary schools.

Lynne Reid Bank's children's novel is about a young boy who places a three-inch Indian in a magical cupboard where it comes to life. It will be presented by the theater group and four students at each performance. The children will be guided through a carefully planned rehearsal/workshop before the play. Andover and Woodstock elementary students will view the play at 10 a.m. at the Crescent Park School. The performance for CPS students is scheduled for 12:45 p.m.

TOLL-FREE TAX HELP

The Internal Revenue Service has extending the toll-free taxpayer assistance line, 1-800-829-1040, hours.

Taxpayers can now call Monday through Friday from 8:30 a.m. to 6:30 p.m. and on Saturdays from 9 a.m. to 4:30 p.m. The assistance line services Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

The extended hours pertain to telephone assistance only.

MURCH REPORTS

Navy Lt.j.g. Stacy R. Murch, son of James R. Murch of Waterford, recently reported for duty with Sea Control Squadron 24, Naval Air Station, Cecil Field, Fla.

He joined the Navy in May 1991. Murch is a 1991 graduate of the University of Maine, Orono, with a B.A. degree.

School sports

Boys basketball

Gould 64, Hebron 43

Gould Academy men won 64-43 over Hebron on Thursday, Jan. 19, Shawn Morales netted 22 points, with Ian Cleary sinking 15.

Kents Hill 50, Gould 43

Gould Academy lost Wednesday, Jan. 18, 50-43 to Kents Hill. Huskie Lanny Popoola was high scorer with 15 points, Shawn Morales had nine.

TMS 38, Mt. Blue 33

The Telstar Middle School varsity basketball team upped its record to 6-4 last week with a 38-33 win over Mt. Blue. "It was a solid performance by the Rebels," said coach Jeff Kalman. The team has been improving steadily since the first of the season, Kalman said.

Maranacook 59, TMS 18

Maranacook plowed over Telstar Middle School during the first half of the Jan. 14 game, with the Rebels falling behind 41-6 at the half. Telstar came back in the second half, holding Maranacook to just 18 points. But the Rebel offense couldn't recover from the first half deficit, and Telstar lost 59-18. "We worked on shutting down Maranacook's six-foot, five-inch center, a seventh-grader," said coach Jeff Philbrick. "We were able to do that holding him to just two points, but they were just too big, too quick and too deep."

Nathan Cheever was Rebel high scorer with six points. Will Seames had four. "I was very pleased with the kids' hustle and no-quit attitude," the coach said. "The improvement is there. As long as they believe in themselves, our luck will change."

JV: Gould 30, Hebron 26

Gould Academy's JV team beat Hebron 30-26 on Thursday, Jan. 19. Nate Garlick was high scorer with 12 points.

JV: Gould 46, Kents Hill 38

Christ Millett was Gould Academy JV high scorer in last Wednesday's game against Kents Hill. Millett had 14 points in the Huskie 46-38 win.

Girls basketball

Dirigo 72, Telstar 21

Telstar's varsity girls lost 72-21 to Dirigo Monday. "The girls played with the Cougars for about five minutes of the first quarter," said coach Ray Seames, "but the Cougars, who were a quicker team, used their bench depth to advantage early as they took over and never looked back."

Jana Mason was Rebel high scorer with seven points. Beth Howe and Sarah Richardson had six each.

Jay 76, Telstar 22

Telstar's girls' basketball team was no match for Jay, losing 76-22 on Friday. Beth Howe was Rebel high scorer with 10 points. Howe also had three steals. Jana Mason grabbed eight rebounds.

school lunch menu

WEEK OF JANUARY 30

SAD44 Breakfast Program

Monday: French toast, maple syrup, fruit juice, milk.

Tuesday: Homemade muffin, fruit juice, raisin cup, milk.

Wednesday: Cereal, graham crackers, butter, fruit juice, milk.

Thursday: Apple turnover, milk.

Friday: Cinnamon bun, raisin cup, fruit juice, milk.

SAD44 Lunch Program

Monday: Spaghetti w/meat sauce, green beans, dinner roll, sliced peaches.

Tuesday: Baked chicken, gravy, seasoned rice, carrots, Congo bar.

Wednesday: Pepperoni pizza, golden corn, applesauce.

Thursday: Baked beans, hot dog, cole slaw, dinner roll, apple crisp.

Friday: Chicken grill, hot baker's bun, carrot coins, mixed deserts.

FOUR-WHEELER CLUB

On Jan. 31 at 7 p.m. there will be a meeting for anyone interested in forming a four-wheeler club.

The meeting will be held at the Telstar Lecture Room.

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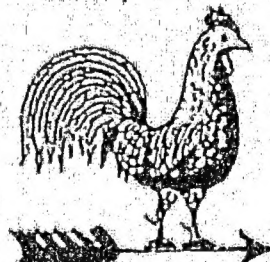
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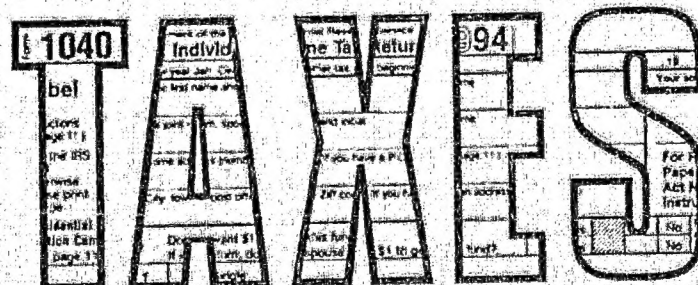
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Strategy #4 - Take an exemption for a parent you help to support

If you're helping to support a parent, you may be entitled to a dependency exemption for that parent on your tax return. Each 1994 dependency exemption reduces your taxable income by \$2,450.

If you provided more than half the support of a parent in 1994, and that parent's gross income (not counting nontaxable income such as social security) was less than \$2,450, you may take the exemption on your return.

If you and your siblings together paid more than half the support of a parent, you can choose one of you to claim the exemption. This exemption can be passed to a different person each year.

If you have questions about what dependency exemptions you are entitled to take, contact us.

JANE GRAY, CPA
Corner of Vernon & Main Streets
Bethel
824-2802

Free ski day Sunday

Sunday River Ski Resort will hold a SAD44 Free Ski Day Sunday, Jan. 29. The offer is extended to all the residents of any SAD44 town, whether or not they have any association with the school district.

Sunday River will also offer free ski rentals and its Guaranteed Learn to Ski program. Youngsters under 18-years-old must have a parent or guardian sign for ski rentals. The Guaranteed Learn to Ski program is available to anyone 13-years-old or older.

Proof of area residency is required, and ticket vouchers are not transferable.

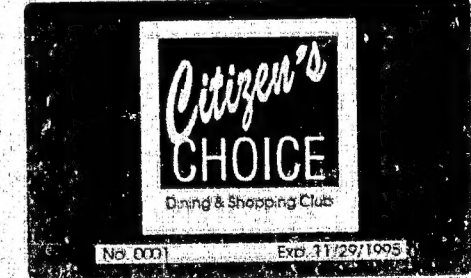
The remaining SAD44 Free Ski Days for this season are scheduled for Sunday, Feb. 26; Sunday, April 9, and Monday, April 17.

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Andover



by Karen McKay

Local dog owners are reminded of the rabies clinic to be held Saturday, Jan. 28, at the fire station from 2-4 p.m. with Dr. Stuer of the Bethel Animal Hospital. Dog licenses will also be available at the clinic.

Sunday, Jan. 29, is a free ski day at the Sunday River Ski Area for SAD44 residents.

The Snow Valley Sno-Goers Snowmobile Club recently held a potluck dinner. The 50/50 raffle drawing was won by Bill Swan. Upcoming events planned include the Friday, Jan. 27, evening ride to Bunker Pond. Riders will meet at 6 p.m. at Mill's Market. The local 900 IBEW at Boise is providing a bonfire with hot dogs and hamburgers. A Polka Run is also planned for Saturday, Feb. 11. For more information contact Ken Jodrey at 392-2852 or Honey Cronin at 392-2081, new members welcome.

Congratulations to Andover Elementary School first-grader Kayla Mills. Student of the Week for Jan. 9-13. The APT have cookbooks available, the cookbook is a collection of students' illustrations. The cookbooks are available at the school for \$6 each.

Sherry and Jerry Cummings and children Emily, Douglas and Robert of Concord, N.H. were weekend visitors of her parents, Mr. and Mrs. Leon Akers.

Get well wishes to former East Andover resident Helena Goodwin. Cards and notes may be sent to Mrs. Goodwin at the following address: 57 Middle St., Mexico, Me., 04257.

Sympathy is extended to the Lang and Deane families for the death of William Lang. Mrs. Lang taught for many years at the elementary school. I remember her kindly as my first-grade teacher. I believe it was the class of 1967.

Bryant Pond



by Alice Hoyt

Franklin Grange 124 met on Monday, Jan. 16, with a 6:30 potluck supper and meeting.

Fifteen members were present. The meeting was held in the Jr. Hall, as the wiring is being done upstairs. Several items were discussed at

length. Peggy Blake reported on the sick list. Program: opening thought, Bertha Benoit; opening song by all; history of the Grange in general, by Bertha Benoit; a candlelight ceremony around the altar by officers and members; Bertha gave a history of Franklin Grange -- It first met in 1875 in the Town Hall. They built their own hall in 1891. For many years they operated a store and did quite a business, being open only on Saturday. They sold groceries and clothes, which members purchased at a discount. There was a quiz on what Bertha had told about the history. Closing thought, by Bertha; closing song, by all. The next meeting will be Feb. 20 with a potluck supper. Each member is to bring a homemade valentine to be judged.

The Woodstock Historical Society Museum has many exhibits of interest to the public. First, antiques of all kinds abound. Furniture, glass, china, tins, costumes, quilts, tools, and old photos may be found there. Next, Woodstock memorabilia fills the building. There is everything from photos of people and places of a former era to the furniture of a local writer George Allan England. Then, there are cultural exhibits. There are oil paintings and prints, many literature books, and some musical instruments and photos of performers at Birch Villa, the summer music camp. Add to this a respectable research library, featuring local history written by Ruby Emery, and a small museum store and you have a versatile and interesting museum facility. The committees of the society are quite active. The society met on Saturday, Jan. 14. Larry Billings, curator, gave a report. An account of the 100th anniversary of Woodstock, printed in the Lewiston Daily Sun on Aug. 18, 1915, was read in part, and the paper was presented to the society. Over 3,000 people attended this celebration, the paper said. It was a day of grand parades, games, speeches, bean hole beans for dinner, a grand ball and fireworks. One thing that interested me was when President Lincoln called for men in the Civil War, seven men from little Woodstock were some of the first to answer his call. Woodstock sent over 100 men to the Civil War. I think this has always been the case with our town, as a great many men from here have served in every war the country has been involved in, with several losing their lives in the effort.

Sympathy is extended to the family of Victor Brooks.

News has been received of the death of Sally Blackman. She and her husband Joe were former sum-

mer residents of Bryant Pond. Sympathy goes to their family.

The Extension Group met at the home of Barbara Hathaway on Wednesday, with 17 present. The lunch and meeting were on soups and salads -- very delicious. The next meeting, in February, will also be at Barbara's with a potluck lunch.

Elena Noyes showed a video on Maine lighthouses at the January meeting of the Woodstock Historical Society. Next month, February, the program will be "Is there a ghost in your house?" Basil Sequin will be the speaker. Mr. Sequin donated a history book to the society.

The Woodstock-Greenwood Senior Citizens will meet on Feb. 2 at the Town Annex. Please bring your own place setting, a dish to share and a game prize. A game party will be held in the afternoon.

Crystal Chase and Liza Chase called on their grandmother, Beatrice Farnum, Sunday.

A noon buffet lunch on Monday was planned by Evelyn T. Bean for the family and friends of Victor Brooks, after the funeral service. The ladies of the church assisted in food, and Marcia O'Neil helped serve at the luncheon.

North Woodstock



by Shane Billings

This week has seen some very warm weather for Jan. 1, for one, have absolutely relished it. To think of walking outside without a jacket in this month is normally unheard of. But that's what we're doing here in North Woodstock.

Congratulations to Kevin Rosenberg, who has been accepted at Johnson State College in Johnson, Vt. I have also been accepted at a college, the University of Hartford in Hartford, Conn.

Joelle Silver has a new puppy. Sue reports that she has not thought of a name for it. I'm not sure what they're calling it, probably just "puppy" or "doggy." Joelle seems happy with the animal, and I'm sure brother Errol enjoys it as well.

I had a boring weekend. On Saturday, I went with my aunt Louise and grandmother Emma to visit Lee in the hospital. Other than that, I just did homework. Oh, I did go visit my grandmother Irene and my aunt Betsy. My mother, brother, sister, and I joined them for an exciting game of Nameburst. What fun; actually, it is a pretty good game and it is always nice to see my family.

I hope everyone is enjoying the warm weather. That's it from North Woodstock this week!

North Newry



by Gil Seeley

Well... The "boo-boo" in the Glidden's Food-liner article in my last week's column was

spelled wrong... I had written "bo-bo" a French word meaning a small mistake, but the typist (Polly Davis) added two more o's and changed the word to "boo-boo" which in English means "crying loudly." It's not my fault! It's amazing how a couple of added letters can make such a difference; please clarify this Polly! Ha!

Melissa Straus of North Waterford spent the weekend of Jan. 14 with her grandparents, Sylvia and Bill Wight here in North Newry. Also, guests of the Wights were Alan Brown and friend from Brooks.

Bill and Owen Wight attended the Western Sno-Mobile Workshop in Brownfield last week.

Four members of the "Newry Bowling Gang" were at the Oxford Lanes in Rumford one day last week to bowl for fun: Karlene Bachelder, Gil Seeley, Sylvia Wight and Olive Anderson. Rena Powers and Jim Anderson were guests, some of the members are in Florida sunning themselves! On the overall scores, Gil was high on both the singles and triples. She had two strikes and one spare; Karlene had three spares. All went to lunch and did some shopping.

Cheers to Jennifer Bowie of North Newry who has enrolled as a freshman at Rensselaer Polytechnic Institute in Troy, N.Y. She is majoring in engineering. She is a member of the class of 19 something. Jennifer is the daughter of Susan Bowie.

Also, cheers for Parker Gray of Newry who did great in the Black Mountain slalom. Parker is a Gould Academy student.

On Jan. 15, a family party was held to celebrate John M. Wight's birthday.

Wendy Hanscom celebrated her birthday on Jan. 12.

Briefly -- The wonder plant -- One clove of garlic a day keeps the doctor away... It's good for fatty plaque formation inside the arteries, lower cholesterol, lower blood pressure, good for colds, coughs, sore throat, whooping coughs, worms, arthritis, snake bites, bee stings, scalds, sinus trouble, opens blood vessels to reduce blood pressure, cleans the stomach. It is and has been proven to be an antibiotic, it kills bacteria, and does not destroy the good flora. The Greeks, Egyptians and Russians called it their penicillin. It was used in the Middle Ages as a remedy. Of course, now it has mostly been discarded as an old fashioned remedy.

but it is still used by people who know the value of it. Garlic cleans the blood and may prevent cancer. (Garlic stops cancer in mice.) Garlic may also prevent polio... To keep garlic, strip the bulbs and put them in a jar, fill the jar with olive oil and keep near the stove and use one bulb in every meat and vegetable recipe with about two tsp. of oil. It was used during World War I and II. To kill the aroma on your breath just eat some parsley or chew some caraway seeds. Ask Sis Post; she knows all about garlic. Archie and she used to grow it in their garden when they lived near us in North Newry. Wish you all good Health!

Locke Mills



by Lorraine Mills

The Ryans were at the Greene's house this past weekend, Jason and Allison Good of Kennebunkport

joined Ben and Nick Ryan for lunch on Sunday, Jan. 15. Due to the uncooperative weather, the kids' race was called off, although Nick did come in third place the week before for the under six years and Allison came in third for the seven to nine years. The children are keeping their hopes up for more snow.

Donna Downs called me recently to let me know about Ted's progress following the stroke. She says that the biggest problem is communication. Until Feb. 3 he will be in the Rehab Unit of the Catholic Medical Center, 100 McGregor Street, Manchester, N.H. 03102. Where he will be after that is unknown at this point.

I called Vera Cross and she tells me that the biggest news she has is that she finally got to stay home most of the week. I guess a lot of us could echo that.

Debbie Brown and I were in Lewiston on Thursday. For once we didn't go into one pet store -- a record I think. We always like to check out the fish.

East Stoneham



by Eleanor Nelson

Saturday, Jan. 14, Matthew Nelson and Joel Barker were among several Cub Scouts at

the New Suncook School testing their race cars and getting ready for the Cub Scout Race Car Derby, which will take place there on Jan. 21.

Eric Nelson has been enjoying six weeks on vacation between semesters from Mt. Ida College in Newton, Mass.

Sunday, Dale Nelson took some Cub Scouts to tour the Norway Radio Station WOXO, also the Norway--Advertiser-Democrat newspaper business. The scouts

were earning a badge and having a good learning session.

On Monday night, there was a budget meeting to get articles ready and finalized for the Town Report.

On Tuesday, Mary Grover, Miriam Higgins and Betty Larson attended the Stephens Memorial Hospital annual luncheon and meeting, in Norway, to elect officers for the coming year. About 50 members were there.

Mary Grover attended Grandparents Day at the Chas. A. Snow School in Fryeburg, which Luke Jones (her grandson) attends. This is always an enjoyable program to attend.

The Stoneham Volunteer Firemen have been having work done on one of their fire trucks this week. One of them lost a high pressure and they're repacking the pump. Anton's Enterprise worked on it today.

Jan. 18 was Gladys Kilgore's birthday. She is 99 years old, and shame on me for not getting it in last week so she could have the wishes that day. Henrietta Lovejoy brought her a beautiful and luscious birthday cake which she shared with her many friends who came by to visit her. She had many pretty cards wishing her a Happy Birthday. How lucky we are to have a nice, warm home and many friends.

The big question is -- where is the snow? Jan. 18, and no snow except just a few patches around the green grass. The world sure is changing, isn't it?

Nancy Rogers and friend from Connecticut called on Eleanor Nelson Wednesday.

Elderwood Manor



by Florence Hall

Gertrude Hutchins' son took her to Norway for a doctor's appointment on Friday.

Welcome to our new tenant, Mr. Duguay.

Florence and Gertrude went on the bus to Rumford on Wednesday and to the school for lunch on Thursday.

Florence's nephew, Steve Hall, called her from Georgia Thursday night.

Thought for Today: Because it took so long for Florence to do simple tasks her mother used to say to her, "Lazy folk's work is done best when the sun is in the West."

East Bethel



by Nancy Mercer

Lisa Haines will matriculate at the University of Maine at Farmington. She has been accepted for the fall semester.

Peggy Coolidge will celebrate a birthday on Jan. 29.

Alder River Grange will hold a meeting at Leslie Noyes' on Jan. 27 at 7:30 p.m.

What a weird month this has been, weatherwise!

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TAX NEWS

From Patricia Doonan

1995 Tax Rates

Projected 1995 tax rates, exemption amounts, etc. are listed below. These are based on the Consumer Price Index for the 12-month period ending August 31, 1994. The IRS has until December 15, 1994 to release the official figures.

The standard deductions for 1995 are as follows:

Single	\$ 3,900
Married Filing Joint/Qualifying Widow(er)	6,550
Married Filing Separate	3,275
Head of Household	5,750
Dependents	650

Additional amounts for age or blindness:

Married	\$ 750
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West



approval of Richard Perh library. A qu printed for d meeting. Thi history of the tion on the tivites. The meet on the month at 6 14 meeting presentation ley will be ti can make materials wi

Just a rem supper at the Building on 5 to 6:30 p.m. casseroles, c

On Sunday her 11th refreshment fan. Attend children, K from Port Lewiston, N Sylvia and with Norma

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West Paris



by
Miriam Inman

The trustees of the West Paris Public Library met on Jan. 11. Discussion involved the final approval of the brochure that Richard Perham has designed for the library. A quantity of them will be printed for distribution before town meeting. This contains a very brief history of the library and information on the Friends and their activities. The Friends of the Library meet on the second Tuesday of the month at 6 p.m. Following the Feb. 14 meeting there will be a craft presentation for everyone. Pat Makley will be the instructor. Attendees can make valentine gifts and materials will be provided. Just a reminder about the public supper at the West Paris Historical Building on Saturday, Jan. 28, from 5 to 6:30 p.m. There will be beans, casseroles, cole slaw, rolls and pies.

Songo Pond



by
Alice Kimball

With Norma and David, I spent Saturday in Portland to help Kaitlyn Gatchell celebrate her fifth birthday with her parents, Bernie and Kassie Gatchell. Others enjoying the occasion were her other grandparents, Bernard and Mary Gatchell; her great-grandmother, Beulah Staples of Bryant Pond; Brandon and Tara Salway of Old Orchard Beach; Mrs. Sylvia Swan, Shari, Tami, and Christopher of Auburn. I went home with Sylvia to spend the night and next day, David and Norma attended the Pirates' hockey game, then a long, scary drive home.

On Sunday, Tami Swan celebrated her 11th birthday with games, refreshments, balloons and party fun. Attending were neighborhood children, Kassie and Kaitlyn Gatchell from Portland, Kim Lang of Lewiston, Norma Salway of Bethel, Sylvia and myself. I came home with Norma later.

I may be getting forgetful but I don't remember of ever having January weather like this month. Ground all bare -- except for a few old banks and shady places.

Mr. and Mrs. Lee Arsenault and children of South Paris visited Bill and Phyllis Baneroff and the Byron Laphams on Thursday. Mrs. Muriel Kimball and Mrs. Scribner of Waterford were also visitors of the Baneroffs.

Danny and Paula Wheeler spotted a bald eagle last week. He was eating something on the ice in the middle of Songo Pond. The Wheeler's got a good look at the bird through a strong telescope, Paula said.

We've never had it so good, nor taken away from us so fast.

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South Woodstock



by
Andrea Wing

Danielle Appleby started taking driver's training this week. Pete Appleby's dog Murdock, a black and tan, contracted a virus and had to go to the vet in Bethel. He seems to be getting along ok now.

Carla Harlow, Danielle Appleby, Joshua Appleby, Stephanie Appleby, Melanie Ryerson and Casey Ryerson went ice skating at Ernie Nieberle pond on the back road last week. Pete Appleby gave most of them a ride to the pond where they all had a great time. The ice was frozen then, not like now.

Paul Benson, I believe his wife, climbed Wildcat Mountain, N.H., last week. Paul and his wife enjoy going on many hiking trips when they have a chance.

On Monday, I went to Lewiston for a light treatment for psoriasis. I was supposed to go Friday, but because of the icy weather decided to skip it. I took Sarah Hart to a doctor in Norway on Tuesday. There wasn't any school at Oxford Hills that afternoon.

Ellsworth Hathaway is back working at Will's Mill on Route 26 today. I haven't seen him going out lately. Hope he's feeling all right.

Harry Hutchinson was out walking his horses this week. With all the nice weather we've been having, I bet they were glad to get some exercise.

What beautiful weather we've been having, but I guess it's over with a sizable snowstorm scheduled for the weekend.

A birthday I missed for January is my nephew, Todd Poland. Another birthday on this Friday is George Burns; he will be 99 years young.

Larry Billings, curator, Woodstock Historical Society, reports that at the January meeting of the society Elena Noyes showed a film on Maine lighthouses. Committee reports were presented. Basil Sequin will speak at the next meeting. The committees of the society are very dedicated. They note that New England has many famous writers. Among them have been Hawthorne, Emerson, Thoreau, Longfellow, Frost, Millay and others. We should learn all we can about achievements of the past.

Their influence on our lives today is still considerable. Society members examine our heritage with interest. Quote of the Week: "I've learned that being a grandparent is God's compensation for growing older."

Gilead



by
Kathie Cole

This past weekend seemed more like January with the stormy weather. Continued from page The snow-covered trees were beautiful Sunday morning. The snowfall was a welcome sight after all the rain that fell.

Bronson Cole visited at his grandparents, John and Nancy Haines' on Tuesday and Wednesday. He also stayed overnight Thursday at his grandparents, Burton and Denise Cole in West Paris.

Brittany and Bronson Cole attended a birthday party for their friend Koral Saunders on Saturday afternoon at Richard and Nancy Saunders' in West Bethel. Koral turned two years old.

I will try to have more news for you next week. I hope everyone has a healthy week.

Greenwood City



by
Colista Morgan

A Tribute to John Betts -- Sooner or later as we pass along the rough road of life we have

to face up to the loss of somebody near and dear to us. The older we get the more such losses we have to bear.

When such a tragedy strikes, with most of us, I think the pain is deepened by shock, and we keep telling ourselves, "It is not so; it just is not so! It just couldn't happen to me. He was always here when needed."

John left us suddenly on Wednesday evening, Jan. 11, and will be missed by his family, friends and neighbors. He was one of the best of neighbors with his thoughtfulness and help. If someone asked a favor, John would never hesitate. There was always generosity, a willingness

to give. He never got so immersed in this work-a-day life that he forgot that the most important thing in all the world was kindness. He tried constantly to do things that would help others and make life easier for them.

He was a friend. What is a friend? A friend is a cherished and precious person; a closeness that grows through the years. I think a friend is one who warms and cheers my way, like a little lamp, and when I lose one the little lamp goes out.

With sadness we say goodbye. But, "They are not lost who find the light of sun, stars and God."

David, Sally and Mary were at the Holt Farm on Sunday, and Ann and I joined them after church.

As I write this, it's raining, there is fog and the temperature feels like an April day, but it's Jan. 16.

Dorothy Betts had her two sons and her daughter and their families at her home on Saturday, also John's brother Leland. Some stayed over Sunday.

Manan Pulsifer had surgery on her wrist this week. She is at home and doing well.

Upton



by
Arlene Bernier

The Budget meeting was held at the Town Office on Thursday. Two of the selectmen were present with the bookkeeper. The budget increase will be 10 percent to 12 percent, depending upon the school budget not yet finalized. After the budget had been worked through, the two selectmen continued work on the Town Report.

The weather is strange. We fear that flowers and other perennials, such as strawberries, will think it spring and start sprouting only to be killed when winter returns and not be responsive to the real spring.

Ring around the roses/A pocket full of posies/Ashes, ashes, we all fall down. This little poem, which was a children's game with words for me until I learned its origin, came to mind when I read Steve's letter last week.

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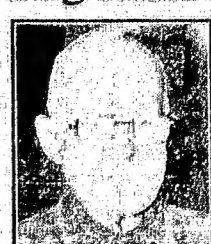
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West Paris
by
Russell Yates

Howdy, folks. Another week has passed us by and it's time for another detailed report of our

doings for the past week.

On Monday, Peggy did her card work at Rite Aid Drug Stores in South Paris and Bridgton for the last time; she has not been feeling well and decided to retire from her work.

We both had appointments in the afternoon on Monday, mine was for a blood test and Peggy's was with her doctor.

While we were down street, we returned the damaged filing cabinet in exchange for another, and I insisted on seeing the new one before hauling it home.

While we were at the hospital Tuesday afternoon, we saw Grace and Otis Evans from Oxford. I'm sure many of you good folks out there knew them; they were residents of Bryant Pond for many years.

We bought Megabucks while in town and it helped increase those millions of dollars that others won. I thought sure I had the lucky numbers.

It was super cold here Wednesday morning, but much colder in some other places.

Loretta and Emerson Merrill of West Bethel visited us Thursday morning. Emerson cleaned out some of the new snow with my snowblower while Loretta visited with her mother.

Peggy's two out-of-state daughters, Kay Blossie of Florida and Myrna White of Arizona, phoned Friday forenoon. Our home visitors were Rusty Merrill, Peggy's grandson from Naples, and Laura Hutchins and Amanda Cobb from East Andover came later in the day and stayed for supper.

Barbara Stevens of Middle Intervale Road, Bethel, called on us Saturday forenoon. We enjoy her visits; there is never a dull moment when both Barbara and Loretta Merrill are around. Barbara came bearing gifts, and we like to see that kind of people. We have tried the moose

hamburg and enjoyed it very much. Loretta visited again on Sunday afternoon.

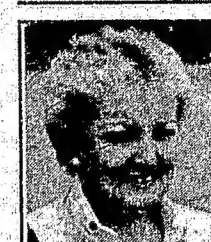
Raymond and Impi Mack attended a birthday party for a friend in Turner one day last week.

There will be a dance at the Locke Mills Town Hall on Jan. 28, with music furnished by the Richard Felt Orchestra. West Paris Grange will host the dances on the first and second Saturdays of February.

Oxford Pomona Grange will meet at Oxford Grange Hall on Feb. 7. A 6:30 supper will precede the meeting.

The Feb. 2 meeting of West Paris Grange will be held at the home of Earl and Amy Andrews, Allen Hill Road, Oxford.

West Bethel



by
Constance Broadbent

Dear Rachel, You've been on my mind a great deal lately...ever since Christmas day when I rocked you in my arms and felt the memory-jogging warmth of your marvelously tiny body. I moved you to an ancient rhythm of comfortable back and forth, and was once again awestruck by the miracle by which we creatures of the greater orb replicate ourselves, and by the innate trust with which you, our creations dare to issue forth.

Your birth, dear cherished girl-child, though premature by a week or two, catching your not-quite-prepared, first-time mother a bit off guard, was nonetheless a timely gift and a great joy to that ever-so-slightly frazzled neo-nurturer. In her relative solitude she had chosen you, and in your universal wisdom you

See WEST BETHEL, page 8

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West Bethel

Continued from page 7

decided to arrive in time for Christmas. And those of us who were lucky enough to be in the neighborhood were lucky enough to stroke your five-day-old brow and gently caress your inch-long fingers, while that aforementioned "slightly frazzled" one worked at rearranging her pillows in search of a comfortable cradle for her birth-wearied body.

While she, your timid mother busied herself with that task, and Sarah Jayne, your mother's friend and my new daughter tidied up the kitchen and readied your mom's meal-on-wheels (courtesy of our plump turkey), I got to hold you and cuddle you and "bizzj" you to dreamland with an ease of nature that belied the thirty odd years between you and my last baby. (If Donald's mother, Mary Bearice, the

personification of unconditional love, were still alive, you could ask her of the origin of her "bizzj-ing"...but she "requisites" in her well deserved "pace", so you can't, and you get to take my word for it that "bizzj" is good and magical, and has been salve to thousands before you.)... Those ancient lessons of nurturing just seem to remain delightfully dormant and ready for instant recall!

Our visit was brief; your mother needed rest. But it was long enough for me to be sensitized once again to the importance of reaching out. The lesson is a good one...you'll be learning it soon, I'm sure. You'll hear of the givers and the takers, and no doubt you'll learn to be a giver. You'll hear of the need to be good to others and in the being, you'll hope that others are good to you...and someday, if you're lucky, you'll discover that nothing more than that really matters.

As you grow in wisdom, you'll

discover the dilemma of the differences that simultaneously bind us and separate us...the "us" in this instance being the global family, the inhabitants of everybody's "larger picture". As you continue to osmose at the feet of your very own oracle, perhaps you will be the one to take up the baton of the freedoms that we your elders can't seem to sustain. Perhaps you, like Phidippides, will carry said baton from Marathon to Athens and then on to other roads less traveled...and if the world hasn't bled to death by the time you get the message delivered, perhaps you and your brothers and sisters will have the pleasure of walking the byways free of the fear of the killer Uzis and the killer "oozes" and the killer apathies.

Meanwhile, dear neonate, we of the pastoral persuasion will continue to revel in the rivers and the fields and the mountains that uphold our lives. We will traverse the hills and the flat roads of our own Bethel-ehem with our own personal bucolic batons in hand, reaching out to the hands around us, every hopeful that somewhere among the cattle and the horses, the sheep and the newborn dogs, we will find the sparks of understanding and the seeds of hope

that are prerequisites to growth on any plane or plain, whichever the case may be.

We will plant our seeds of sensitivity as we gather for communion or Canasta. We will pray for recovery or for release from confinement as we share our breads and our broodings with the sick and injured. We will engage in hopeful and meaningful conversations with our sisters and brothers who pursue their personal freedoms, as we quilt our quilts, knit our dishcloths, paint our borders, or gather in small groups for basket and plastic and myriad houseware demos.

We will assemble in our grange hall and in our church hall in our quest for belonging and that sense of sharing that comes of being there for each other, teaching each other, taking care to lend a hand or an arm when one of us falters. We will continue, for now, to shop in the store where the prices are disproportionate and the doors don't even open without a shove...to break our fasts in smoky, odiferous settings, in pursuit of that aforementioned fellowship, and assuaged by the confidence that someday soon, in a place close to home, there will be an alternative to the acid ambience.

We will continue to be awed by the wonders of nature, as we watch from our hilly nest, the flocking and

swooping of hundreds of faded-to-green goldfinches, the gentle flitting of dozens of juncos, the quiet return of the avaricious grosbeaks, and the oh-so-timely reappearance of one, yes only one, female cardinal, dubbed last season, The Widow Cardinal!

We will smile and wave to the big brown dog who takes his mistresses for long walks on warm winter days, and we will weave around the equine effluence as we prance along the undulating macadam of the road called "Flat", happy to share the space with the newcomers whose stable is nestled under the nearby mountain.

As we continue our existence in this peaceable kingdom, dear little newcomer to the city, we will think of you and your mother, and will send good wishes by way of Old Mother West Wind, should she deign to travel in a southerly direction for that specific purpose. Meanwhile, take good care of your new mother...learn your lessons well...cherish the notion that you were chosen and that you are loved...grow quickly into a messenger for your medium...pass the torch every so often, when you are in need of a nap or a bit of sustenance, but always take it back so that you may carry on the work. And should you be inclined to add to your burden the task of enlightening the masses, you

could begin with the lesson that "medium" (in the sense of message deliverer, as in television, newspapers, radio, etc.) is singular and takes the singular of the verb "to be"...hence, representatives of the media are reporting today on the earthquakes and other catastrophes...or, "The medium of radio has changed the way a population receives its information." If you have even a modicum of success with that one, let me know, and I'll give you another assignment...perhaps getting folks to delete the "more" from their usage of "more perfect"...or reaching for agreement of noun and verb as in, "...each of the children is responsible for his or her own work"...or the ever popular, "tell me your story in twenty-five words or fewer!" You'll soon discover that once you have satisfied your basic needs of food, clothing, and shelter, these are the matters of importance!

Welcome once again to this orb of awe, little Rachel. Hug your mother and your "Aunt" Jayne for me. And if you can wait till I finish the quilt for the next raffle (this time in greens and pinks), I'll whip up one for you to nap under...it will probably be done with the color purple unless you have a preference.

We'll talk as soon as you learn how.
Love,
C.B.

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Open Wednesday thru Sunday at 4 p.m.
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COUPON EXPIRES SUNDAY JANUARY 23RD

Award Winning Dining for the Whole Family
Enjoy candlelight dining 7 nights a week with music on the Steinway and fireplaces aglow.
Chef's Special starting at \$14.00
Special Early Family Dining
Kids 11 and under eat FREE
with parents 6:00 - 6:30 everynight
Breakfast and Lunch served Daily
Après Ski ~ Late Night
Choose one of our hot winter beverage specials or try a new brew! (Over 40 varieties to choose from).
Free Appetizers
4 - 6 p.m. Saturdays
Live Entertainment
Pool Table • Fireplace
9 - 'til late night!
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(800) 654-0125
The Bethel Inn & Country Club
Maine
On the Village Common
Maine's Premiere Four-Season Resort

PAT'S PIZZA
Super Bowl Sunday Special
Buy 14 Pizza & get a sm. cheese pizza FREE
Where Everything Is Special!!
from Food to Atmosphere
Pizza • Italian Food • Calzones
Salads • Subs • Soups
Family style prices,
full liquor Bar/Micro Brew Beers
Homemade Dough Made Fresh Daily
Take-Out or Dine In
Delivery Service from Bethel Express
Route 2 • Bethel, Maine
Call before you leave the Mountain
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Chinese Food
Mayflower Chinese Restaurant
Open 4 Days A Week
1000 Main Street
Route 2, Rumford, ME
207-369-9308 or 369-9306
We are not using MSG in any of our food... Including Our Luncheon Buffet
Dinner Specials Daily
All Major Credit Cards Accepted

THE BOTTLE & BAG
A personalized service shoppe featuring...
• Spaghetti & Meatball Pockets \$5.95
• A distinctive selection of Beers & Wines
• Super Sandwiches & Soups
SOUPS
Homemade Chicken, Vegetable, Chili & Beef Stew
SANDWICHES
Great Hot & Cold Sandwiches on Home Baked Breads
THIS WEEK'S SPECIALS
• Breakfast Sandwich & Sm. Coffee \$2.50 - Served All Day!
• Soup & Sandwich Combo \$3.50
NOW SERVING BREAKFAST ALL DAY
PASTRIES • GREEN MOUNTAIN COFFEE
HOMEMADE
SPAGHETTI & MEATBALLS/SAUSAGE
& OTHER GREAT PASTA DISHES
Route 2, Bethel, ME
Call ahead for Orders
(207) 824-3673
OPEN 6 AM - 9 PM Weekdays
6 AM - 11 PM Weekends
WE DELIVER!

LIVE ENTERTAINMENT
Wednesday Nite:
Annie Clark
Thursday Nite:
Katahdin Nite
1.50 Katahdin Draft Special & Giveaways
Fri & Sat Nite:
Blind Lemons
Sunday Nite:
Superbowl Sunday Party
with the game on the Big Screen TV
Serving Pizza until 11 pm
on Fri & Sat Nights!
SUPERS PUB
Food & Fun 'til almost 11
HAPPY HOUR 4 - 6:30
Under the Sudbury Inn
Main Street, Bethel • 824-6556
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Rebel Recreation Center
Restaurant
Serving Lunch & Dinner
Rt. 2 • W. Bethel (207) 836-3663
Extra SUNDAY SPECIAL
17" Large Cheese Pizza & 60 oz. Pitcher of Beer \$11.99
or 60 oz. Pitcher of Soda \$8.99

The Cross Street Cafe Invites You to...
SHREDDERS PUB
SUPER BOWL PARTY
FEATURING THE BEST IN FOOD & DRINK SPECIALS
HAPPY HOUR PRICES FROM PREGAME ON!
GIVEAWAYS THROUGHOUT GAME
HALF TIME FREE FOOD
NO COVER!
SPECIAL PRIZES
REGISTER FOR BUD
SNOW BOARD GIVEAWAY
6 TV's, VIDEO GAMES, DARTS, POOL TABLE
Cross & Lower Main Street (Rt. 26), Bethel
(207) 824-0400

First Annual Super Dog Bowl Party!
JANUARY 29TH
Happy Hour Prices All Day and All Night
\$1.25 Draught Beers • Six 29" TV's
ANGRY DOG PUB
SPECIAL: starting at \$10 per person at the door
• Hot and cold hors d'oeuvres
• Huge Buffet at Half-time
• Homemade deli sandwiches
• Chili • Wings • Deep Dish Pizza
• Potato and Pasta Salad
Doors open at 11AM • Route 2, Bethel, Maine
207.824.0382

The Cross Street Cafe
SERVING BREAKFAST, LUNCH & DINNER
Great Food, Great Service, Great Prices!
Our 6 Page Menu has Something for Everyone!
Large Parties Welcome, We Have Lots of Room
SHREDDERS PUB
FEATURING THE BEST IN FOOD & DRINK SPECIALS
Mon. BMW - 10¢ Wings \$1 Drafts
Wed. BUD Night - \$1.50 16 oz. Snow Board Giveaway
6 TV's, VIDEO GAMES, DARTS, POOL TABLE
LIVE ENTERTAINMENT, NO COVER CHARGE
FRIDAY AND SATURDAY **BURLY BROS.**
Cross & Lower Main Street (Rt. 26), Bethel
(207) 824-0400

PheoLu's CHINESE RESTAURANT
Super Bowl
Weekend Specials
Pupu's & Pork Fried Rice \$14.95
Serving 4 pm - 9 pm • Mondays
11 am - 10 pm • Tues - Thurs
11 am - 1 am • Fri. Sat. Sun.
Dine-in • Take-Out • Delivery
Reservations Required for 6 or More
Rt. 2 East • Bethel • 824-2249

Open 11 am Daily
QUICK, HEARTY LUNCHES
ANGRY DOG PUB
Live Music
Wed & Fri

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FEBRUARY 4 1995
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824-3785 for Reservations
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Great Selection of Pull Tabs
Winner Takes All
State Limit Paid Out
Every Wednesday & Friday 6 PM
Sealed Ticket Early Birds
Doors Open at 4:00

Super Bowl Special
Now thru Sunday
Buy Large Pizza
Get a **Bucket of Buffalo Wings for \$5.95** (SAVE \$6)
Breau's Pizza & Subs
"Eat-In - Take-Out"
Route 2, Bethel
824-3192
We Deliver! (some restrictions)

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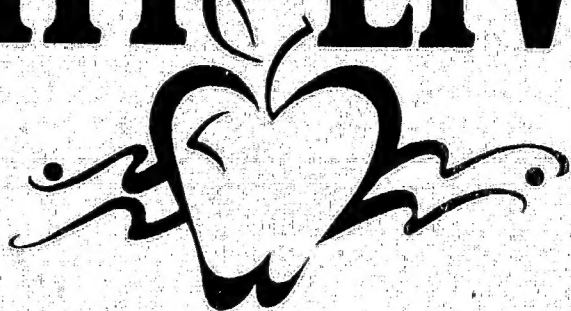
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HEALTHY LIVING



Hearing and Children

by: Lynn Sparkes; Sparkes Hearing Services

Good hearing is essential to the social and intellectual development of infants and young children. Audiologists test hearing and identify hearing loss in children of any age. This includes newborn and infant hearing screening and hearing tests with young children. Early detection of hearing loss is very important. Observation of children at home and in school can detect hearing problems from the start.

Behaviors that may identify a child with a minimal hearing loss:

1. Inattentive, seems to intentionally ignore
2. Seems bored with classroom activities
3. Fails to respond appropriately to questions
4. Slow to respond or "catch on"
5. Frequent requests to have words, directions or assignments repeated.
6. Frowning or straining when listening or addressed
7. Tired or easily fatigued
8. Failure to participate in classroom discussions
9. Confusion in direction or source of sound, not sure who has spoken
10. Irritable, timid, withdrawn
11. Increased activity level, inability to sit still
12. More easily frustrated or upset
13. Complaints of not feeling well, pain, itching, tenderness around or in ear, discharge with an odor, complains of hearing noises.

If you suspect a hearing loss in your child, contact your Doctor, ENT Specialist or Audiologist.



The Challenge of Stress

by Dan Hart, Licensed Professional Counselor

Managing Stress

Stress is an unavoidable fact of life. Generally, it is pressure from the outside, external situations, that can make you feel tense inside. Yet, many of us create pressure from the inside that make us feel tense, anxious or depressed. Certain kinds of stress are actually helpful - they keep you on your toes. But too much stress on your mind and body can make you miserable - worried, sad and ill.

One of the main causes of stress is change, especially sudden or disagreeable change. Too many or too drastic changes often result in harmful tension.

• **Personal Loss:** Death of a loved one, loss of friends when moving, separation or divorce - all can cause depression.

• **Job Changes:** Trouble at work, getting fired, or taking a new job may result in anxiety.

• **Money Problems:** Budget troubles, large debts, loss of income, etc., can create stress for the whole family.

• **Illness/Injury:** A major illness or accidental injury puts great stress on both patient and family.

• **Change in life-style:** Marriage, sudden financial gain or a big promotion is a happy even - but can create anxiety.

• **Family Changes:** Changes at home caused by pregnancy, family responsibilities, etc. can cause mood disorders.

• **Retirement:** Enforced leisure and reduced income may combine to cause trouble.

Ways to Cope:

• **Get off to a good start each day with a healthy breakfast:** Avoid a mid morning slump.

• **Limit coffee and tea:** Too much caffeine can result in lowering one's threshold for stress.

• **Manage your time effectively:** Prioritize each day's tasks and goals into stacks labeled A (vital), B (important) and C (less important). Do the A pile first, though it may be tempting or easier to do the B and C tasks. Eventually you will be less stressed in taking care of vital tasks.

• **See your Physician:** A check-up is always important - especially if you are busy.

• **Talk it Over:** When tensions build, discuss the problem with a close friend or with the people involved.

• **Exercise:** Any favorite sport or activity will help you let off steam and work out stress. It increases your energy and improves your outlook.

• **Take a break:** A change of pace gives you a new outlook on old problems.

• **Learn to Relax:** Everyone can teach oneself to relax. A few minutes of peace and quiet everyday make a difference.

• **Be realistic:** Expecting too much of oneself can get tense if things don't work out. Set practical goals and expect to be successful.

• **Avoid Stress:** Whenever possible, plan to avoid too many big changes at the same time.

• **Maintain Your Sense of Humor.**



Periodontal Disease

By: Ann M. Henricks, R.D.H.

Most people don't realize how common periodontal disease (gum disease) is. Statistics show that 75% of adults have some form of the disease. It usually goes undetected since it doesn't cause any pain, therefore early detection and treatment are extremely important.

Periodontal disease is caused by a film of bacteria that surround the teeth. It can happen at any age, but it's most common among adults. In its early stage (gingivitis) it may cause the gums to become red, swollen and to bleed easily. In its advanced stage, the bone and soft tissues are destroyed which may cause the tooth to become loose, fall out, or possibly need to be removed by a dentist.

There are a number of signs that may alert you of the gum disease. If you notice any signs, contact your dentist. **Signs that bleed when brushing or flossing, red or swollen or tender gums; gums that have receded from teeth; plus between the teeth and gums, and loose or shifting teeth.**

There are certain times when gum disease is more likely to occur. It's commonly caused by hormonal changes during the teen years and pregnancy. Lifestyle and health problems can also increase during the teen years and pregnancy. Lifestyle and health problems can also increase the risk by interfering with the body's immune system. (i.e. - diet, stress, smoking & tobacco use). Leukemia, diabetes or AIDS can also increase the risk because the body's immune system doesn't function properly. Poor brushing and flossing habits also play a role in susceptibility.

Except in rare cases, gum disease can be prevented. Through daily brushing and flossing, eating a balanced diet, and regular visits to your dentist or hygienist, gum disease is preventable. Your dentist or hygienist can give you tips and recommend a personalized homecare program to meet your specific needs.

Fifth Annual
Women's Health Conference
MARCH 25, 1995
Bethel Area Health Center
Details in next month's issue

MedX Back and Neck Extension Machines

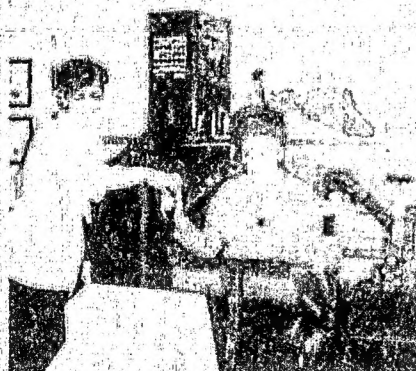
by Dr. Stephen J. Garbarini, Spinex Back & Neck Testing & Strengthening Center

What is MedX?

In the world of high tech, MedX stands alone. This computerized system provides accurate measurements of neck and lower back strength. Once weaknesses are identified the MedX units are capable of rapid, effective and safe rehabilitation.

Why is MedX needed?

- To reduce Back Pain, Neck Pain, Headaches
- To Rehabilitate Sports and Work Injuries of the Back and Neck
- To Reduce the Chances of Re-injury
- To Reduce the Estimated 200,000 Surgical Procedures Performed Every Year
- To Provide Objective Documentation for Insurance and Legal Purposes
- To Reduce the Effects that these conditions have on our economy (lower back pain is considered to be the most expensive non-life threatening problem in medicine today - estimates of total cost vary from 40 to 80 billion dollars per year.)
- **Most Important** - Reducing Pain Increases the Quality of our Daily Lives

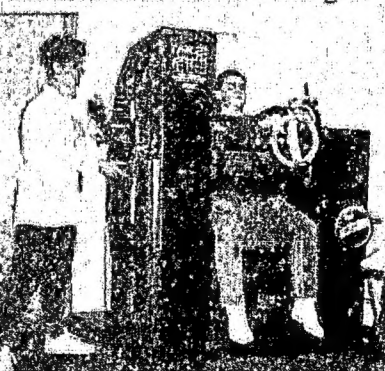


How Does it Work?

The MedX systems are computerized to allow for specific measurements of muscle strength. The design allows for complete isolation of the muscles to be tested or exercised. Tests are performed isometrically to allow for safe measurement without endangering damaged tissue. Exercise is performed isotonically through the patient's tolerated range of motion. The first evaluation for diagnostic purposes is the work capacity test. It involves assessment of fresh isometric strength, isometric exercise to fatigue, and exhausted isometric strength reassessment. The work capacity test takes approximately 45 minutes to perform, followed by 15 minutes of cool down therapy. A typical rehab session takes 30 minutes and is also followed by cool down treatment.

Can You Benefit?

Pain indicates something is wrong. All too often pain can also be a sign of muscle weakness. Lower back and neck conditions of any magnitude require strength testing to determine if muscle weakness is a causative factor. MedX provides the necessary objective measurements of neck and lower back muscle strength.



Common Conditions Treated with MedX:

- 1) Chronic low back pain
- 2) Chronic neck pain
- 3) Headaches
- 4) Neck or back pain secondary to trauma
- 5) Patients recovering from spinal surgery
- 6) Persons desiring a strengthening program to reduce the risk of low back or neck injury
- 7) Cervical or lumbar disc injuries
- 8) Sciatic pain
- 9) Degenerative arthritis

The Common Cold

brought to you by:

Preb's Market Place Pharmacy

Each winter, millions of people suffer from the unpleasant effects of "colds".

Despite popular opinion, you do not get colds from sitting in a draft, getting wet feet or staying outside too long in bad weather.

The common cold is a viral infection which is found in the respiratory system (the nose, throat and lungs).

Colds can last for just a few days or as long as a couple of weeks.

Colds are spread through the air or by contact with hands.

You can help keep your cold from spreading to others if you are careful to cover your mouth when you sneeze or cough.

Colds are spread when a healthy person makes hand contact with a sick person or touches contaminated objects, such as doorknobs.

One of the best ways to reduce your risk of catching a cold or spreading colds to others is to wash your hands frequently.

There is no "cure" for the common cold. The best way to treat your cold is rest, drink plenty of liquids, and take proper medication to relieve your cold or cough symptoms. Your pharmacist or doctor can recommend the best medicine for you.

Remember a cough can be serious. If your cough lasts longer than 10 days or is accompanied by a fever of 102 degrees or higher for more than three days, see your doctor.

American Heart Association
Fighting Heart Disease and Stroke

Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day - not for each food or recipe.

Fruit Muffins

- | | |
|----------------------------------|------------------------------------|
| Vegetable oil spray | Egg substitute equivalent to 1 egg |
| 2 cups sifted all-purpose flour | 1 1/2 cups skim milk |
| 3 teaspoons baking powder | 1/2 cup raisins, chopped |
| 2 tablespoons sugar | 1/2 cup dates or blueberries. |
| 1 teaspoon salt | |
| 1/2 cup acceptable vegetable oil | |

Preheat oven to 425° F. Lightly spray muffin tins with vegetable oil.

Sift dry ingredients together into a large bowl. Make a well in the center. Pour oil, egg substitute and milk into the well all at once. Stir just enough to dampen the flour. Batter should be lumpy. Add raisins, chopped dates or blueberries to the batter.

Fill prepared muffin tins full with batter. Bake 20 to 25 minutes, or until toothpick inserted in center comes out clean. Serves 12; 1 muffin per serving

Nutrient Analysis per Serving

162 kcal	Calories	0 mg	Cholesterol	1 gm	Saturated Fat
4 gm	Protein	276 mg	Sodium	4 gm	Polyunsaturated Fat
23 gm	Carbohydrate	6 gm	Total Fat	1 gm	Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, Fifth Edition. American Heart Association. Published by Times Books, a Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991.

HEALTH CARE PROVIDERS

Aerobic Exercise

at The Bethel Area Health Center
Railroad Street, Bethel
Call Lee at 824-4631 for information

Chiropractic Care

Dr. Joseph DeMarco, Chiropractor
Main Street, Bethel
824-3899

Rumford Chiropractic Center,
Dr. Stephen Garbarini, D.C.
Dr. Mark J. Wasowski, D.C.
364-7931

Counseling

Self Directions
Dan Hart, LPC
15 Chapman St., Bethel • 824-3217

Dentistry

Dr. John R. Mason, DDS
Northwest Bethel Road, Bethel
824-3378

Eyecare

Dr. Lennie Shaw, O.D.
Lower Main Street, Bethel
824-2227

Eyewear

Pro Vision Centers
150 Main St., S. Paris • 743-6577
Auburn Mall, Auburn • 783-1394

Health Centers

Bethel Area Health Center
Railroad St., Bethel
824-2193 or 1-800-287-2292

Swift River Health Care
191 Lincoln Ave., Rumford
369-0146

Health Clubs

Bethel Inn & Country Club
On the Common, Bethel
824-2175

The Fitness Center
Rumford Community Hospital
420 Franklin Street, Rumford
364-4581 • OPEN Mon-Sat

The Fitness Place
17 Olson Road, Off Rt. 26
South Paris • 743-9242

Madison Health & Fitness Club
Open 8 a.m. - 9:30 p.m. daily
Rt. 2, Rumford • 364-7973

Health Food

Fare Share Coop
Tannery Street, Norway
743-9044

The Good Food Store
212 Mayville Rd, Bethel
824-3754

Hearing Specialists

Beltone Hearing Center of Maine
108 Main Street, Norway
743-8747

Sparkes Hearing Services
23 Front Street, Farmington
778-9545

Home Health Care

Nurses House Call
8A Franklin St., Farmington
1-800-564-5966

Hospitals

Androscoggin Valley Hospital
59 Page Hill Road
Berlin, NH 03570, (603) 752-2200
Rumford Community Hospital
420 Franklin Street, Rumford
364-4581
Stevens Memorial Hospital
80 Main Street, Norway
743-5933

Massage Therapists

Mahoosuc Mountain Massage
Rt. 26, Bethel • 824-7600

Therapeutic Massage

Janet Willie, N.C.M.T.
Main St., Bethel • 824-3889

Pharmacy

Preb's Marketplace Pharmacy
Specializing in your good health
66 Main St., Bethel • 824-2280

Physicians

Mountain Health Services
2 Broadway, Gorham • (603) 466-2741
59 Page Hill Rd, Berlin • (603) 752-2900

Rehabilitation

Spinex, Therapy for Chronic Pain
Stephen J. Garbarini D.C.
160 Lincoln Ave, Rumford 364-7531

THURSDAY EVENING JANUARY 26, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Movie: "Bright Lights, Big City"			News	M*A*S*H	Top Cops	H. Patrol	
(5)	Waltons		Shade	Shade	Rescue 911		700 Club		Father Dowling Mysteries	
(6)	Murphy B.	Roseanne	Mad-You	Friends	Seinfeld	Madman	ER		News	
(8)	Fortune	Jeopardy!	My So-Called Life		NFL at 75: Celebrations		Day One		News	
(10)	MacNeil-Lehrer		Maine	Maine	Mystery!			Platinum Collection	Red Green	
(11)	Sportsctr	College Basketball: DePaul at Texas			College Basketball: Penn State at Wisconsin			Sportsctr		
(12)	American	News	Loretta Lynn & Friends		Music City Tonight		Club Dance		News	
(13)	Ent. Tonight	Edison	CBS Reports: In the Killing Fields of America					News		
(14)	Celtics	To Be Announced			College Basketball: Stanford at UCLA					
(15)	Movie: "Nothing but Trouble"				Movie: "Eye of the Stranger"			Inside the NFL		
(17)	Movie: "The Ernest Green Story"				Roger Daltrey: The Music of the Who			Television Academy Hall of Fame		
(18)	"Shadowlands" Cont'd	Movie: "A Bronx Tale"			Movie: "The Saint of Fort Washington"					
(20)	Bruins	NHL Hockey	New Jersey Devils at Boston Bruins					College Basketball		
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"		Unsolved Mysteries		
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic					Movie: "10 to Midnight"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "Foxfire"		Movie: "You Never Can Tell"			Movie: "Sorrowful Jones"			Newsweek	
(26)	Wings	Wings	Murder: She Wrote			Movie: "The Cover Girl Murders"			Wings	Wings
(27)	Rockford Files		Biography			American Film Institute Salute to Jack Nicholson			Law & Order	
(32)	Eat Daisies	Movie: "The Enger Saatchi"					News	Kojak		
(34)	Love Con	Jeffersons	Movie: "Coogan's Bluff"					News	Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News Showbiz	Sports

FRIDAY EVENING JANUARY 27, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Movie: "Extremities"			News	M*A*S*H	Top Cops	H. Patrol	
(5)	Waltons		Young Indiana Jones and the Temple of Doom				700 Club		Father Dowling Mysteries	
(6)	Murphy B.	Roseanne	Figure Skating: World Professional Championships			Hummer Life			News	
(8)	Fortune	Jeopardy!	Paul Mar	Bill W. World	Step by Step	Mr. Cooper	10:20			
(10)	MacNeil-Lehrer		Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Mystery	Served	Mystery
(11)	Sportsctr	Reporters	Figure Skating: World Professional Championships			Tennis: Australian Open	Wendy's Film	Martha	Sportsctr	
(12)	American	News			Music City Tonight		Club Dance		News	
(13)	Ent. Tonight	Edison	CBS Reports: In the Killing Fields of America					News		
(14)	Pregame	NBA Basketball	Charlotte Hornets at Boston Celtics					Club Dance	News	
(15)	Inside the NFL		Movie: "The Saint of Fort Washington"					Movie: "Lisa"		
(17)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(18)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(20)	Chicago Bulls	NBA Basketball	Chicago Bulls at Orlando Magic					Movie: "A Reason to Stay"		
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"		Unsolved Mysteries		
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic					Movie: "10 to Midnight"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(26)	Wings	Wings	Murder: She Wrote			Movie: "The Cover Girl Murders"			Wings	Wings
(27)	Rockford Files		Biography			American Film Institute Salute to Jack Nicholson			Law & Order	
(32)	Eat Daisies	Movie: "The Enger Saatchi"					News	Kojak		
(34)	Love Con	Jeffersons	Movie: "Coogan's Bluff"					News	Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News Showbiz	Sports

SATURDAY EVENING JANUARY 28, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Movie: "Extremities"			News	M*A*S*H	Top Cops	H. Patrol	
(5)	Waltons		Young Indiana Jones and the Temple of Doom				700 Club		Father Dowling Mysteries	
(6)	Murphy B.	Roseanne	Figure Skating: World Professional Championships			Hummer Life			News	
(8)	Fortune	Jeopardy!	Paul Mar	Bill W. World	Step by Step	Mr. Cooper	10:20			
(10)	MacNeil-Lehrer		Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Wash. Wk	Mystery	Served	Mystery
(11)	Sportsctr	Reporters	Figure Skating: World Professional Championships			Tennis: Australian Open	Wendy's Film	Martha	Sportsctr	
(12)	American	News			Music City Tonight		Club Dance		News	
(13)	Ent. Tonight	Edison	CBS Reports: In the Killing Fields of America					News		
(14)	Pregame	NBA Basketball	Charlotte Hornets at Boston Celtics					Club Dance	News	
(15)	Inside the NFL		Movie: "The Saint of Fort Washington"					Movie: "Lisa"		
(17)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(18)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(20)	Chicago Bulls	NBA Basketball	Chicago Bulls at Orlando Magic					Movie: "A Reason to Stay"		
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"		Unsolved Mysteries		
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic					Movie: "10 to Midnight"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(26)	Wings	Wings	Murder: She Wrote			Movie: "The Cover Girl Murders"			Wings	Wings
(27)	Rockford Files		Biography			American Film Institute Salute to Jack Nicholson			Law & Order	
(32)	Eat Daisies	Movie: "The Enger Saatchi"					News	Kojak		
(34)	Love Con	Jeffersons	Movie: "Coogan's Bluff"					News	Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News Showbiz	Sports

WEDNESDAY EVENING FEBRUARY 1, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Wayans	Parent	Unhappily	Muscle	News	M*A*S*H	Top Cops	H. Patrol
(5)	Waltons		Shade	Shade	Rescue 911		700 Club		Father Dowling Mysteries	
(6)	Murphy B.	Roseanne	Cosby	Mysteries	Dalene		Law & Order		News	
(8)	Fortune	Jeopardy!	Sister, Sis	All Girl	Roseanne	Ellen	Boys and Girls		News	
(10)	MacNeil-Lehrer		New Explorers			American Experience			Red Green	
(11)	College Basketball	Virginia at Maryland			College Basketball: Villanova at St. John's			Sportscenter		
(12)	American	News	Marty Party			Music City Tonight			Club Dance	News
(13)	Ent. Tonight	Edison	Women	Hearts Afire	Double	Love & War	Northern Exposure		News	
(14)	Pregame	NBA Basketball	Charlotte Hornets at Boston Celtics					Court	College Basketball	
(15)	"Leap of Faith" Cont'd		Movie: "Robin Hood: Men in Tights"					Dream On	Sanders	Crypt Tales
(17)	Movie: "Black Beauty"		We Are the World-Tribute			Movie: "Wonder Man"				
(18)	"Ring of the Musketeers"		Movie: "Yaaba"			Movie: "A Kiss Goodnight"			Bloodstone-II	
(20)	To Be Announced		College Basketball: St. Joseph's at Massachusetts			Women's Basketball: Conn. at Providence				
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Hostage Flight"			Unsolved Mysteries	
(22)	Boss?	Boss?	Movie: "The Sting"					Movie: "Tell Them Willie Boy is Here"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "It Started in Naples"		Movie: "On the Riviera"			Movie: "Seven Ways From Sundown"				
(26)	Wings	Wings	Murder: She Wrote			Movie: "A Vow to Kill"			Wings	Wings
(27)	Rockford Files		Biography			American Justice			20th Century	Law & Order
(32)	Eat Daisies	Eddie's	Hazel	That Girl	Mod Squad		News		Kojak	
(34)	Love Con	Jeffersons	Wayans	Parent	Unhappily	Muscle	News		Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News Showbiz	Sports

SUNDAY EVENING JANUARY 29, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Kung Fu: The Legends			News	AskMr	H. Patrol	H. Patrol	
(5)	Waltons		Movie: "Stand Up and Cheer"				In Touch	Ben Haden	Ankerberg	
(6)	Murphy B.	Roseanne	Figure Skating: World Professional Championships					News	Simpsons	
(8)	Fortune	Jeopardy!	San Diego Chargers vs. San Francisco 49ers Cont'd					Extreme	News	
(10)	MacNeil-Lehrer		Masterpiece Theatre					Podark	Trainer	
(11)	Sportsctr	Reporters	Figure Skating: World Professional Championships					Sportscenter	Super Bowl	
(12)	American	News			Music City Tonight		Club Dance		News	
(13)	Ent. Tonight	Edison	CBS Reports: In the Killing Fields of America					News		
(14)	Pregame	NBA Basketball	Charlotte Hornets at Boston Celtics					Club Dance	News	
(15)	Inside the NFL		Movie: "The Saint of Fort Washington"					Movie: "Lisa"		
(17)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(18)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(20)	Chicago Bulls	NBA Basketball	Chicago Bulls at Orlando Magic					Movie: "A Reason to Stay"		
(21)	Design W.	Design W.	Unsolved Mysteries			Movie: "Lisa"		Unsolved Mysteries		
(22)	Who's the Boss?		NBA Basketball: Chicago Bulls at Orlando Magic					Movie: "10 to Midnight"		
(24)	Doug	Looney	Jeannie	Bewitched	I Love Lucy	M.T. Moore	Taxi	Taxi	Newhart	Van Dyke
(25)	Movie: "The Drowning Game"		Movie: "The Saint of Fort Washington"					Movie: "A Reason to Stay"		
(26)	Wings	Wings	Murder: She Wrote			Movie: "The Cover Girl Murders"			Wings	Wings
(27)	Rockford Files		Biography			American Film Institute Salute to Jack Nicholson			Law & Order	
(32)	Eat Daisies	Movie: "The Enger Saatchi"					News	Kojak		
(34)	Love Con	Jeffersons	Movie: "Coogan's Bluff"					News	Night Court	Simon
(39)	O.J. Simpson Trial Cont'd		Crossfire			Larry King Live			World News Showbiz	Sports

MONDAY EVENING JANUARY 30, 1995

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	Coach	Star Trek: Voyager			News	M*A*S*H	Top Cops	H. Patrol	
(5)	Waltons		Shade				700 Club		Father Dowling Mysteries	
(6)	Murphy B.	Roseanne	Fresh Prince					News		
(8)	Fortune	Jeopardy!	American Music Awards					News		
(10)	MacNeil-Lehrer		Capitol Connection			American Cinema			Served	Red Green
(11)	Sportsctr	College Basketball: Syracuse at Georgetown			College Basketball: Missouri at Iowa State			Sportsctr		
(12)	American	News	Hot Country Nights			Music City Tonight			Club Dance	News
(13)	Ent. Tonight	Edison	Nanny			Murphy B.			Cybil	Chicago Hope
(14)	College Basketball	Boston University at Holy Cross			Basketball			Sportscenter	TV	To Be Announced

Classifieds ~ Call 824-2444

Wanted

WANTED TO BUY: Scrap metal. Home evenings and weekends. Raymond Chapman, 3011 40-2585.

WANTED
Wanted to purchase
WOODLOT
A few acres to 400 acres.
Also would like to
purchase stumpage.
Stumpage paid weekly.
20 years experience.
Joy Hollow Logging
Dan Long, Proprietor
Residence: East Bethel
875-2642 Evenings

Pets

LOOKING FOR GOOD HOMES. Female Alaskan Huskies. Parents are working sled dogs. 10 weeks old, needs lots of love and exercise. Black with gray, white and tan markings. Shots, price negotiable. Contact Liz or Andy at 824-3871 evenings. 1-5p

Tools

RINSEVAC carpet cleaner, rug shampooers, sewer snakes, sump pumps, space heaters, chipper-shredder at Brooks Bros, Inc., Main St. Bethel 824-2158. Tel

Personals

2020 WITHOUT GLASSES! Safe, rapid, low-stress, permanent reduction in 6-8 weeks. Airline pilot developed. Dated approved. Free information by mail: 800-422-7330, 406-961-5570, FAX 406-961-5577. Satisfaction guaranteed. 4ne

Lost

WHITE LONG-HAIRED MALE CAT named Casa. Lost by Brown's Mobil on Route 2. 824-3836. 4-5p

Financial Services

WE PAY CASH for seller financed mortgages & trust deeds, insurance settlements and annuities nationwide. Free quotes. Call Don at New England Mortgage (401) 826-7832. 4ne

Vacation Properties

TIME SHARE UNITS and campground memberships. Distress sales cheap! Worldwide selections. Call Vacation Network U.S. and Canada 1-800-543-6173. Free rental information 800-563-5886. 4ne

Help Wanted

DRIVER - ACCELERATE YOUR PAY WITH BURLINGTON! OTR/Shorthaul. Home weekly (shorthaul), starting pay up to \$3.33/mile plus bonuses, assigned trucks, great benefits. Burlington Motor Carriers: 1-800-JOIN-BMC, EOE. 4ne

LOOKING FOR SOMEONE in the Bryant Pond area to babysit my two children. Please call 665-2959. 2-4p

HAROLD IVES TRUCKING hiring drivers. New Year, New Career. Free Driver Training. Students welcome. Experience pay up to \$28 per mile. Excellent benefits. 1-800-842-0853. 4ne

CHIEF/MANAGER The Osprey Restaurant. Six month summer, four star, waterfront, 70 seat, established clientele. Seven miles from Bath, Maine. Outstanding opportunity for an individual with proven talent and experience. Call Mrs. Leonard (207) 371-2525 M-F 9-4:30. 3-4p

APPLICATIONS NOW ACCEPTED at Bureau and Bureau II. Apply in person, in Bethel or Bryant Pond. 4-5

Business/Commercial Opportunities

FOR MORE INFORMATION AND ASSISTANCE regarding the rules of financing, business opportunities and work at home opportunities. The Bethel Citizen urges its readers to contact the Better Business Bureau, Inc., Maine Division, 812 Stevens Avenue, Portland, ME 04103-2648. 6f

MOTEL/COTTAGES FOR SALE \$250,000. Three or four season operation. Owner will train, be neighbor. Lots of untapped recreational and cash flow opportunities. A+++ highway location. Absolutely turnkey. Advantage Business Brokers 1-207-846-9306. 3-4p

CAREER/INVESTMENT. BE YOUR OWN BOSS! NOVUS Windshield Repair Franchise. 2500 Operations worldwide. Mobil. Home based. Investment from \$18,000. Dynamic, growing industry. Instant cash flow. 8 days Factory Training. Field support. Ron Burnham, 1-800-926-6887. 4ne

NATIONAL GROCERY COUPON BOOKS. Untapped \$424 Billion Industry. 800% profit potential. Minimum investment \$150. Multi-Product Company. Free information. House of Coupons 1-800-641-8949. 4ne

BUSINESS OPPORTUNITY

Andy's Restaurant in West Bethel is looking for a business partner. Either outright purchase or lease. Ambition, drive, talent, sense of humor needed. BIG POTENTIAL for year round operation! (207) 836-2002

HANOVER IRONWORKS
WELDING • STEEL FABRICATION • IRONWORK
Hand Rails • Gates • Fences • Spiral Stairs • Fire Escapes
Fireplace Screens • Sign Brackets • Sauna Stoves & Stove Repair
Roof Racks • Headboards • Heavy Duty Bumpers
Car, Truck, Floor & Frame Repairs
Route 2 • Hanover, Maine • (207) 364-7271

Woodworkers - Hobbyists
Oak • Ash • Maple • Pine
Glued Panels and Flooring
ANDOVER WOOD PRODUCTS
North Main Street • Andover, Maine
Call 4pm-11pm Sat & Sun Bethel to 1pm Saturday

REPORTER WANTED
To cover school and community news for weekly newspaper in Bethel. Experience with 35mm photography a plus. Submit resume and writing/photography samples to:
EDITOR
Bethel Citizen • PO Box 109 • Bethel, Maine 04217

S.A.D. #44
SECRETARIAL POSITION
S.A.D. #44 is accepting applications for the part time position of Central Office Secretary. This is a 52 week, part-time position in the Superintendent's Office located at Telstar Middle High School in Bethel. The successful candidate must be comfortable with technology; proficient at WordPerfect 6.0 and Microsoft Works 3.0, familiarity with desktop publishing a plus. Must have experience with the latest office technology. Basic accounting skills helpful. Successful candidate will have strong organizational skills and positive people skills.
Interested applicants should submit their letter of application, resume, and credentials to:
Ronald Jenkins, Supt.
S.A.D. #44 • 284 Walkers Mills Rd. Bethel, ME 04217
DEADLINE February 2, 1995 EOE

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OVER 70 PROPERTIES FOR SALE AT AUCTION
IN MAINE, NEW HAMPSHIRE, MASSACHUSETTS & VERMONT!
ABSOLUTES AND RESERVES
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REGISTRATION BEGINS AT 8 AM • AUCTION STARTS AT 10 AM
VERRILLO'S RESTAURANT • 155 RIVERSIDE STREET, PORTLAND
(EXIT 8 OF THE ME TURNPIKE)
SAMPLE OF PROPERTIES BEING OFFERED:
• SINGLE FAMILY HOME IN BETHEL
• LAND IN DENMARK, OTISFIELD, GREENWOOD, NORTH WATERFORD, AND TWO PARCELS IN HARRISON
PLUS MANY, MANY MORE!
2% BUYER'S PREMIUM • ATTRACTIVE FINANCING AVAILABLE
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SPECIAL: BUYER'S SEMINAR!
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AT VERRILLO'S FOR INDIVIDUALS
INTERESTED IN FINANCING & LEARNING
MORE ABOUT THE AUCTION PROCESS.
AUCTION PROPERTIES, LTD.
PLEASE CALL
AUCTION HOTLINE
FOR DETAILS.
1-800-775-4303
207-874-2749

Your Guide to Area Services

<p>AEROBICS Bethel Area Health Center Mondays: 12 Noon & 5:30 pm Tuesdays: 9 am & 6:15 pm Wednesdays: 9 am, 12 Noon & 5:30 pm Fridays: 9 am Cost: \$4 per class or \$35/month Call: 824-4631 for information!</p>	<p>BRYANT POND AUTO BODY Felt Road • Bryant Pond 665-2075 Insurance Estimates • Frame & Unibody Straightening • General Body & Paint Repair Specializing in auto body repair for over 25 years</p>	<p>Greg Cummings General Contracting & Remodeling Tel: (207) 824-3391 • Bethel, Maine</p>	<p>CHILD CARE & PRESCHOOL Country Kids Childcare Center Located on 5 acres, staffed with highly skilled professionals offering a nurturing, loving, creative environment. Where it's fun to be a kid 824-3951 Corner of Route 2 East & Airport Road, Bethel, Maine</p>	<p>MORGAN CONCRETE Aluminum Forming System for the Smoothest Poured Walls Quality Work • Competitive Prices Free Estimates Call Marty (207) 392-4961</p>	<p>PHILADELPHIA BRAND CARPETING IN-LAID FLOORING TILE CONGOLEUM WESTERN MAINE SUPPLY Call 824-2110</p>
<p>ANNUITIES If you're not getting at least 8% on your savings CALL US! Kendall Insurance 824-2178</p>	<p>BANQUET A Unique Alternative for up to 180 REUNIONS WEDDINGS TRADE SHOWS Dinner Packages Start At \$15 800-446-9038 U.S. Route 2, Rumford</p>	<p>Dumont & Sons Drywall & Carpentry "No job too big or too small" For free estimates 207-836-3575</p>	<p>CLEANING "Have Broom, Will Travel" BETHEL AREA CLEANING SERVICE specializing in 50+ Houses • Condos • Residences & Offices Call 824-3119 Doreen Kelly • PO Box 368 • Bethel, ME</p>	<p>CERAMIC TILE CERAMIC TILE Marble • Granite • Slate Design/Installations David Holmes • (207) 583-6114 Holmes Company PO Box 51 • Harrison, ME 04040</p>	<p>FURNITURE REPAIR FURNITURE REPAIR & RESTORATION Antique to Contemporary Call Don Sandstrom 824-3313</p>
<p>ANTIQUES HARVEY'S TRADING POST Antiques & Collectibles New and Used Rt. 26, South of Bethel, Me. Open 9 am - 5 pm • Tel: 824-2576</p>	<p>CABINETRY Entertainment Centers Pinnacle Woodworks Robert Bergman • 207-674-5777 Cabinetry Furniture</p>	<p>Residential & Commercial Building New Dwelling Remodeling • Repairs Kubota Backhoe & Bucket Work Test Holes • Ditches • etc. Rainey & Sons Carpentry, Inc. Jeffrey A. Rainey, Contractor PO Box 130 • Locke Mills, ME 04255 (207) 875-2555</p>	<p>CONSTRUCTION R.B. HARRISON Construction Randall & Nancy Harrison 836-2041 Free Estimates with 23 Years of Experienced Ideas Residential & Commercial</p>	<p>DRIVING SCHOOL ATLANTIC DRIVING SCHOOL Route 26 • Norway, Maine Next Class at Telstar Starts 3/2/95 Car Rental Available for your Test. Call: 1-800-287-3550</p>	<p>HAIR STYLING FORBICI Hair & Nail Salon Adriane (Sam) Miele Rt. 26, Bethel (next to Union Flower Shop & Bethel Frames) Tuesday 10-8 Wed 10-8 • Thurs 10-8 Fri 10-8 • Sat 10-4 Models Needed for info, call (207) 824-4924</p>
<p>AUTOMOTIVE Almar Mt. Top Enterprises Repairs on all cars & trucks State inspection station Hayes Hill Rd Greenwood City 527-2488</p>	<p>YOUR ADVERTISEMENT CAN BE HERE FOR ONLY \$2.70 PER WEEK FOR 13 WEEKS!</p>	<p>CAR CARE DAN'S CARWASH Featuring • Self Service Bays • On-Site Vacuums plus an automatic BRUSHLESS CARWASH Cross Street, Bethel Open 7 Days • 24 Hours</p>	<p>THIS AD SPACE CAN BE YOURS FOR ONLY \$5.40 per week! (13 week commitment) Call Karen at 824-2444</p>	<p>ELECTRICIANS MAYNARD C. CUSHMAN Master Electrician Bryant Pond, Maine (207) 665-2901</p>	<p>Hours Wed. & Fri. 9-5 Tues. & Thurs. 9-8 Saturday 8-12 Closed 2nd Tuesday evening of every month 39 Mayville Road Bethel, ME 04217 824-4834</p>
<p>TUCKERMAN AUTO ELECTRIC (Formerly D.R.S.) New & Rebuilt Starters • Alternators • Generators Foreign • American Heavy Duty • Farm • Marine 1-603-466-5935 Jim Hannigan, ASE Certified Tech</p>	<p>CARPENTRY Dale W. Buck New Construction Remodeling, Cabinetry (207) 824-0185 • Paradise St., Bethel</p>	<p>CARPET CLEANING SUPERIOR Carpet Cleaners Residential & Commercial Carpet & Upholstery Steam Extraction Recommended by Area Carpet Dealers 364-7911</p>	<p>CONCRETE ANDRÉ'S CONSTRUCTION, INC. Concrete Foundations & Slabs Excavation Septic Systems André Bernier 78 East Bethel Road Bethel, Maine 04217 FREE ESTIMATES 207-875-3784</p>	<p>FLOORING KEN & THOM'S FLOOR COVERING, INC. Vinyl Flooring • Carpet Studio Ken Swan has 40 years experience installing all types of floors FREE ESTIMATES 125 Main St., Norway 1-800-828-7293 • 743-7293</p>	<p>JEWELER We sell beautiful Maine Gems & jewelry and provide custom design service. • Full Line of Jewelry Repairs MT. MANN Jim Mann, Jeweler/Artist • Open Mon-Sat 30 Main Street • Bethel • (207) 824-3030 LOCKSMITH Jim Anderson CERTIFIED LOCKSMITH Lockouts • Car & Home • Keys Duplicated • Locks Rekeyed • Lock Maintenance • Locks Installed • Security Consultant • Lock Repair • Missing Keys Rekeyed • Numbered Master Brand Locks Rekeyed 824-2072</p>

Want to Advertise Your Business Here? Call Nancy Wight or Karen Hakala at 824-2444 by Friday at Noon

Classifieds ~ Call 824-2444

Miscellaneous

GED (High School Equivalency) TESTING AND PREPARATION. Day and evening times. No charge. Call SAJ #44 Adult Ed. 824-2780 for an appointment. 3-11f

SUPPORT GROUP for families and friends of the mentally ill. Meets first and third Tuesdays of the month, 6:30 pm at St. Athanasius/St. John Parish Center, Rumford. For further information call 1-800-464-5767. 2-11f

OVERHEATERS ANONYMOUS. Bethel Area Health Center, Saturday 9:30 - 10:30 a.m. For information call 824-6483 or 824-2915. 3-11f

TOPS (Take Off Pounds Sensibly). Wednesdays, 7 pm, Bethel Fire Station. 1-11f

SHARP. a support group for parents who have suffered an infant loss, stillborn birth or miscarriage. Stephens Memorial Hospital, first Thursday of each month, 7 pm. For information call 824-2915. 2-11f

Bethel Freedom Group AA, which meets at Bethel Fire Station, Sunday 6-7:30, CBP; Tuesday 7-8:30 CWD; O-Literature; Friday 7:30-9:30. 2-11f

AL ANON. Wednesday, 8 pm, at Bethel Regional High School. 2-11f

AA MEETS Wednesday, 8 pm, at Bethel Regional High School. 2-11f

For Sale General

BAGGED SHAVINGS FOR SALE. P.H. Chadbourne & Co., Rte. 26, Bethel, has packaged 13 cu. yd. shavings for sale. \$3,000/cu. yd. Cash & carry or a first come basis. 3-11f

SUNQUEST WOLFF TANNING BEDS. New Commercial - Home Units from \$199. - tions - accessories. Monthly payment as \$18.00. Call today. FRP new color catalog. 800-462-9197. 4-11f

FIREWOOD FOR SALE. 836-2741. 5-11f

WATERBED PRODUCTS DISCOUNTED. Heaters \$19.99, Waveless Mattresses \$44.95, Queen Saturated Beds from \$299. UPSHEX delivery. Free home evaluation at whole sale prices. FREE Color Catalog. 1-800-992-0874. 4-11f

MIXED HARDWOOD \$95 a cord. 2-5f

FAMEN SOFT LEATHER JACKET. dressy. Size medium, thousand zip, top vest. Price \$55, excellent condition. 824-2878. 4-11f

8'x6' SIZE WATERBED. Price frame with mattress, heater, etc. Call 824-3866. \$159. 4-11f

BRANSON MISSOURI for popular demand. we are returning to Branson in May 1995. 5-11f. 4-11f

Call East West Travel today at 1-800-427-0143. 4-11f

For Sale Vehicles

1986 JEEP CHEROKEE LAREDO, 5 speed, V-6, 4x4 ps/pb/ac, Burgundy with 1992 trim package. Original owner \$4,000. (207) 824-3455. 1-4

1988 JEEP COMANCHE PICKUP, 2 wheel drive. Good mechanical condition. Good body. Only 53,000 miles. Asking \$2,950. See at The Unicorn 824-2358. 3-11f

1987 HONDA ACCORD LX, 5 speed, 4 cyl, power windows and locks, air conditioned, anti/ cassette, cruise control, new tires \$4,000 or best offer. 824-3203. 4-5

1984 (Brown) 4 door, 4 cylinder, front wheel drive, automatic TEMPO GL. Great shape, clean and dependable. Call 875-5015. 4-11f

1990 SUBURBAN fully loaded, 8 passenger seating 4x4, excellent condition, below book value \$14,500. 824-4024. 4-11f

Services

BENNETT'S UPHOLSTERY - Home and office furniture, antique and modern. Call for free estimates, quality workmanship at very reasonable prices. 824-2336. 1-11f

RECYCLING Old lawn mowers, engines, chain saws, lawn tractors, shredders, water pumps, trimmers. Bailey's Outdoor Power, 824-2403. 1-11f

NEED RUGS SHAMPOOED & Upholstery cleaned, floors stripped, sealed & waxed etc. Call Sal's Cleaning Service 824-2955. 2-5 years in the business. 2-11f

ADULT EDUCATION: Academic Brush-up, GED, Career Guidance. Day & Evening. Get started on new direction NOW. Call 824-2780. S.A.D. 44 Adult & community education. 1-11f

PHOTOGRAPHY, natural portraits of your family, children, home, farm. Black & white, sepia and hand color. Call for price list. Call Carmine 824-3929. 3-11f

BACK TO BASICS bookkeeping, payroll, account payable, account receivable. 836-2298 call evenings and weekends and ask for Rosemary. 4-7p

COMPUTING

- Getting Started
- Small business programs
- Training

Red House Management Svc
824-2094

SPREADSHEET

The Small Business Accounting Specialists

Free Initial Consultation

John Bayerlein
Mason Street • P.O. Box 699
Bethel, ME 04217
(207) 824-7658

For Rent

HEATED furnished one-bedroom apartment for rent in Hanover. Minutes from Bethel and Rumford. Call 364-7520. 3-11f

SKI HOUSE on Songo Pond, Albany. Fireplace, spiral staircase, 3 bedrooms. \$800/week (non-holiday). \$400/weekend (non-holiday). 15 minutes from Sunday River. Call after 6 pm. (207) 824-3191. 3-11f

SKI HOUSE in Bethel. Furnished - sleeps 12, hot tub and bar room - by week or weekend. (207) 665-2434 evenings. 4-11f

SUNDAY RIVER, two bedroom, trailside unit. Sleeps six - \$100/night weekends. No seasonal rental. 967-4236 or 824-3570. 4-7p

TAXPAYERS OF TOWN OF GREENWOOD

The committee to study the Town Manager will be having a public hearing on February 8th at 7:00 p.m. All interested people should attend. It will be at the town office.

CLASSIFIED ADS

Twenty-five words or less, one week, \$2.75; additional weeks without change, \$2.20. More than 25 words, 20 cents per word the first week; additional weeks, 16 cents per word.

Advertisements in care of The Citizen, \$2.00 per insertion additional.

Display advertising in classified columns, \$5.00 per inch. Advertisers utilizing space in classified display regularly (minimum of four weeks in succession) are entitled to a rate of \$4.00 per inch.

Cards of Thanks or in Memorial, \$4.50 and up.

Resolutions of Respect, \$5.75.

Tel. (207) 824-2444

MOBILE HOME for rent. Large yard, one bedroom, in-ground swimming pool. Call 364-7520. 4-11f

RUMFORD AREA 1 bedroom, 2 bedroom, or 3 bedroom apartments. Semi furnished or furnished, heat, hot-water, 15 minutes from Sunday River. Travel a little - Save a lot! Call for further info 207-364-8119. 4-11f

SUNDAY RIVER SKI RESORT 10 mins. away from this cozy 3 bedroom home. Fireplace, private setting, reasonable week/weekend rates. (207) 799-1597. 50-5p

ELDERLY HOUSING 1 bedroom apartment. Sudbury Village apartment units are subsidized to qualified applicants. Available Feb. 1st for information Call Don or Bev Waterhouse at 824-2146 - Equal Housing Opportunity. 2-4

STORAGE SPACE AVAILABLE in-town Bethel. Call 824-3807. 2-11f

LOWER MAIN STREET, BETHEL one bedroom apartment available February 1st. No pets, references required. 824-2240 - leave message. 2-11f

2 BEDROOM TRAILER, Mexico Maine with full basement on Private lot. Deposit and references 875-3900. 2-5p

Buy Here - Pay Here!

Financing Available For Any Budget

Low Down Payment - Weekly Payments

WE WILL PAY YOU \$100 Upon The Purchase Of A Quality Pre-Owned Vehicle FOR A LIMITED TIME ONLY*

1991 FORD ESCORT
Fixed 2-Door, 5 Speed **\$2,495**

1986 OLDS TORONADO
Automatic, Loaded **\$2,795**

1988 FORD TEMPO
5-Speed **\$2,495**

1985 DODGE CARAVAN
Automatic **\$2,395**

1984 MONTE CARLO SS
Automatic **\$2,795**

1985 PLYMOUTH HORIZON
84,000 Miles **\$1,495**

Many More In Stock See Us Today

Brackett's Auto Sales
Pottle Rd., Off Rte. 26, Oxford
743-8540

CONDO AT MT. ABRAM 2 bdms, 2 full baths includes woodstove, dishwasher, fridge, oven - otherwise unfurnished. \$450 per month. Call (207) 933-9023. 3-4p

WEEKDAY SPECIALS: Condos 6 miles from mountain. Hot tubs, sleeps 5 \$80 per week night. Sleeps 8 \$95 per weeknight. (207) 824-3919 weekdays or (207) 967-5065 weekends. 3-13p

ROOM FOR RENT in Albany, quiet location. 824-3858. 4-5p

For Sale by Owner

In the heart of the Western Maine Mountain Four-Season Recreation Area



Secluded 30+ Acre Estate - Panoramic Mountain View
"Hill Haven" Log House: Living Room, Dining Room, Kitchen, 3 Bedrooms, Study, Solarium, Bath, 2 Car Garage with 2nd Floor Game Room, Storage.

25 Minutes from Sunday River & Mt. Abram.
Located in Andover, Maine. \$190,000
Call Today (207) 392-3403
For Information and Brochure

Real Estate

SOUTH RIDGE 2 bedroom townhouse with fireplace, dishwasher. Fully furnished, mountain views, quiet location on Sunday River Ridge Run Trail. WAS \$119,000. REDUCED TO \$109,000. Call owner at 207-284-6484. 4-11f

3-6 BEDROOM FARMHOUSE in West Bethel. New sewer system, down payment, owner will finance. Call 207-836-3945. 1-11f

FOR SALE BY OWNER: Large Victorian with barn, Rumford Corner, 9 miles from Mt. Abram, 15 miles from Sunday River. Great for B&B. \$83,000. Firm. Evenings 824-3470. 9-11f

BETHEL AREA: Beautifully wooded house lots located at the new & expanding Mt. Abram and within minutes from Sunday River; ideal for vacation or year round homes these lots start at \$27,500. 207-875-5003. 3-5f

SUNDAY RIVER ROAD Barker Mtn. Village town road. 5 acre lots, financing available. \$39,900 & up. Bryce Yates, Box 2190, Bethel, ME 04217. Tel. (207) 824-2420. 4-11f

at Bethel Auto Sales:

Tax, title, doc. fees are INCLUDED in all payments. All 1988 - 1993 vehicles are financed with 15% down with approved credit.

1991 Ford Escort LX	1987 Dodge Daytona Shelby Z
174 hp turbo, 2.2 L engine, a/c, tilt, cruise, windows, auto w/wiper, a/c, stereo/cassette. Great front wheel drive for the growing family.	174 hp turbo, 2.2 L engine, a/c, tilt, cruise, windows, cassette, alloy wheels, and much more. Very clean car, straight from California.
\$5,600 Sale Price \$36 Sales Tax \$36 Title & document fee	\$13,800 Sale Price \$228 Sales Tax \$36 Title & document fee
\$129/monthly	\$125/monthly
\$5,972 Total \$922 Cash or Trade (15% down)	\$4,064 Total \$64 Cash or Trade (20% down)
\$5,950 amount financed at 10.5% APR for 48 months.	\$3,200 amount financed at 13.25% APR for 30 months.

1988 Nissan Kingcab 4x4 SE	1986 Honda Civic 1500cc
Top of the line V-6, 5 spd, power steering, air/m, stereo, tilt wheel, power angle p/w, Nice, Nice, Nice truck! All serviced and ready to go!	4 cylinder engine, 4 speed automatic, stereo/cassette, rear window wiper/washer/defroster. Economical and great in the snow!
\$6,000 Sale Price \$414 Sales Tax \$36 Title & document fee	\$3,350 Sale Price \$201 Sales Tax \$36 Title & document fee
\$205/monthly	\$135/monthly
\$7,350 Total \$1,150 Cash or Trade (15% down)	\$3,587 Total \$737 Cash or Trade (20% down)
\$6,200 amount financed at 12% APR for 36 months.	\$2,850 amount financed at 13.25% APR for 24 months.

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1 - 1994 Pontiac Bonneville SE	1 - 1994 Oldsmobile 98
1 - 1994 Oldsmobile Cutlass Ciera	1 - 1994 Oldsmobile Silhouette
4 - 1994 Pontiac Grand Am	1 - 1994 Pontiac Grand Prix SE
5 - 1994 Oldsmobile Achieva	1 - 1993 Pontiac Grand Am
1 - 1994 Pontiac Bonneville SSE	1 - 1993 Pontiac Grand Prix SE

USED CARS

1993 Nissan Quest GXE	1991 Chevrolet Caprice Wagon
1993 Dodge Shadow ES, 2 door, Blue	1991 Pontiac Grand Am, 4 door
1993 Plymouth Acclaim	1991 Honda Accord EX Wagon
1993 Pontiac Bonneville SE	1991 Toyota Tercel, 4 door
1993 Oldsmobile Cutlass Custom	1991 Oldsmobile Cutlass Ciera
1992 - Buick LeSabre, white	1990 Oldsmobile Cutlass Calais
1992 Olds 98 Regency Elite	1990 Oldsmobile 88 Brougham, 4 door
1992 Dodge Spirit 4 door	1990 Plymouth Sundance, 2 dr, auto
1992 Pontiac Grand Am, 4 door	1990 Mercury Topaz
1992 Mazda Proleg LX, 4 door	1990 Pontiac Grand Prix - 4 door
1992 Oldsmobile Achieva, 4 door	1990 Pontiac 6000 Station Wagon
1991 - Ford Tempo All Wheel Drive	1989 Chrysler New Yorker
1991 Pontiac Grand Am, 4 door	1989 Oldsmobile Cutlass Ciera Wagon
1991 Oldsmobile 88	1988 Dodge Dynasty, 4 door

USED TRUCKS

1994 Chevy S10 Ext. Cab, 4wd, 9,000 miles	1989 Ford Bronco II, 4x4
1994 Short Box GMC 4x4 p/w, fully loaded	1988 Chevy 1/2 ton, 4x2 pick-up
1993 GMC EX Cab, loaded, 19,000 miles	1988 GMC S-15 4x2
1993 Chevrolet Ex Cab, Sportside 4x4	1988 GMC Suburban 4x4
1991 Nissan Pathfinder 4x4	1987 GMC 1/2 ton 4x2, V6, Auto
1991 Nissan Regular Cab 4x4	1987 Chevrolet 3/4 Ton w/p/w
1990 GMC 3/4 Ton Ex Cab w/extras	1986 Chevrolet Astro, Cargo Van
1990 Dodge Dakota w/cap	

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3-7 ACRE LAND PARCELS with views. 15 minutes south of Sunday River, just off Route 26. \$8,900 and up with some owner financing considered. 674-2260

1-4
MT. ABRAM DULEX CHALET view of Mt. Abram, 10 min. walk to lift, 20 min. drive to Sunday River Ski Area. 30x25 foundation, 3 floors. Upper apartment has 3 bedrooms, full bath, kitchen, living room. First floor apt. one bedroom, full bath, kitchen, living room. Spiral staircase. Can combine with the 2nd apartment to a single home. REDUCED \$89,900. Call owner (508) 635-9868 days or (508) 493-3154.

2-5p
WILL TRADE COMMERCIAL LOT for slope-side condo, Sunday River. Lot off interchange 187- Lake George, Lake Placid area. Bill Murphy, NYS (518) 494-2061.

WE SELL FLEETWOODS VERY CHEAP, and this month we're going to sell Fleetwoods even cheaper. Like (1995) 70' 3 bedr with dishwasher, oil gun, lots of kitchen cabinets, and built far better, with 5 yr. limited warranty. TOO!! \$18,995 or \$950 down 180 at \$227 APR 12.75% lots of others on display too. (207) 786-1016, Daily 9-6, Sunday 10-5. LUV Homes (1 mile from Tumpike) 1049 Washington St. Rt. 202, Auburn, ME

3-6
HURRY SALE ENDS 1/24/95!! Factory 5 year limited warranty. \$231 for 180, \$970 down APR 12.75 or \$19,395. "1995" 70' 3 bedroom. 603-444-6208. Honeymoon Mobile Homes Rt. 18, north of Littleton, NH

4-7
WHY PAY RENT? Own your own home. Foreclosures, Repo's, VA/HUD. Low \$

down with low interest loans. Call for pre-qualification, toll free: 1-800-225-1020 ext. 2902

4-7
14x65 3 BEDROOM TRAILER 1 1/2 bath in quiet park \$18,000 negotiable. 824-3810.

4-7p
WHO IS THE LARGEST Manufacturer? Fleetwood. WHO sells more Fleetwoods? WE DO. Why?? cause we sell Fleetwoods very cheap, AND this month we're going to sell Fleetwoods even cheaper. Like (1995) 70' 3 bedr with dishwasher, oil gun, lots of kitchen cabinets, and built far better, with 5 yr. limited warranty. TOO!! \$18,995 or \$950 down 180 at \$227 APR 12.75% lots of others on display too. (207) 786-1016, Daily 9-6, Sunday 10-5. LUV Homes (1 mile from Tumpike) 1049 Washington St. Rt. 202, Auburn, ME

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NOTICE Town of West Paris

The Public Hearing on the Budget will be at 7 p.m. on Wednesday, February 1, 1995 at the West Paris Fire Station.

Board of Selectmen
Town of West Paris

PUBLIC NOTICE

The Bethel Planning Board is seeking interested persons to assist in revising the Bethel Sign Ordinance. This committee will begin its work in February. Applications can be picked up at the Town Office and must be returned to the Planning Assistant by February 1, 1995. The Planning Board will appoint the committee at its February 8, 1995 meeting.

Featured listings this week!

Powder Ridge Condos from \$154,900-\$175,000!
Eden Ridge Townhomes from \$94,500-\$129,900!
Chamberlain Condos from \$64,500-\$149,900!
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Powder Ridge lots from \$44,900-\$49,900!
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NEW LISTING



Sunday River Village New Listing. Lovely contemporary home situated at Sunday River Village. 4 bedrooms, 3 baths, gourmet kitchen and a 2 car garage. Hardwood floors, palladian windows with gorgeous views of the slopes! \$280,000

NEW LISTING



Hudson Street, Bethel. Enjoy the convenience of living in this lovely farmhouse located on a corner lot on Hudson Street. The home offers four bedrooms and a renovated kitchen. \$139,000

NEW LISTING



Mechanic Street, Bethel. Large two family home located on Mechanic St., proposed street connecting the Village with the Bethel Station project. Needs some work, yet has unlimited possibilities. \$142,000

UNDER CONTRACT



Farmhouse, Locke Mills. This farmhouse is situated on 3/4 of an acre of land located in Locke Mills just minutes to Mt. Abram Ski Area. This home offers a spacious country kitchen, 3-4 bedrooms, an attached barn and a private backyard. A great starter home at an unbelievable price of \$39,900!

UNDER CONTRACT



Log Cabin on 6 1/2 acres. 3 bedroom log cabin privately situated on 6 acres of land with attractive mountain views. Nice open floor plan. Located on Rowe Hill in Bryant Pond. Priced to sell at \$110,000!

UNDER CONTRACT



Commercial Potential! Very attractive early 1900's Federal style home located just outside the Village of Bethel with unlimited potential. New kitchen, 4-5 bedrooms, 2 baths with plenty of room for expansion. 2 attached schoolhouses and a large barn. Located on Rt. 202. You will be amazed by the space. \$137,000

UNDER CONTRACT



New Construction! 2 bedr, expandable Cape in West Bethel subdivision. 1st floor has 2 bedrooms, large living room, eat-in kitchen, full bath. 2nd floor is spacious and unfinished with potential of additional bedrooms and bath(s). Reasonably priced at \$97,900!

UNDER CONTRACT



Farmhouse, Sunday River. 3 bedr, 3 bath, 2 car garage. Located on Sunday River Rd. 3 bedrooms, 2 baths, enclosed porch, 2 car garage. This lovely property is situated on 1 1/2 acres with frontage on Sunday River. \$195,000

UNDER CONTRACT



Expensive Main Street Property. With excellent views, this property is in need of restoration work, due to a fire in the center. Lovely woodwork and fireplace.

UNDER CONTRACT



Views of Androscoggin! Sunday River 3 1/2 acres of land located on the South Rumble Rd. Unbelievable views of the Androscoggin River to Sunday River. Very Private.

UNDER CONTRACT



Round Pond, Greenwood. Picture perfect ideal cabin on a lake and chances are that this is it! 4 bedr, camp located on Round Pond in Greenwood, only about 5 miles south of Bethel. Many possibilities.

UNDER CONTRACT



Viking Village, Sunday River. 3 bedr, 3 bath, 2 car garage. Located at Viking Village. Walk to Road Runner, Fido across Barker Road. Spacious family room. Furnished. Very well maintained.

UNDER CONTRACT



Affordably priced! New listing, 2 bedr, modern mobile home situated on a very nice 1 1/2 acre lot in W. Bethel. Energy efficient, well maintained. A great starter home or affordable second home.

UNDER CONTRACT



Northwest Bethel Road. A well maintained 3 bedr mobile home situated on a 7 1/2 acre lot off of the Northwest Bethel Road. Private and quiet.

SOLD



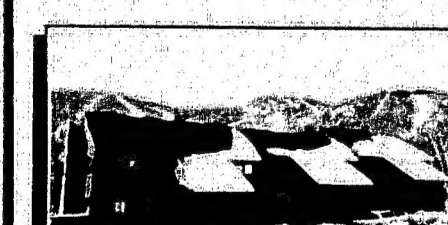
Viking Village, Sunday River. 3 bedr, 3 bath, 2 car garage. Located at Viking Village. Walk to Road Runner, Fido across Barker Road. Spacious family room. Furnished. Very well maintained.



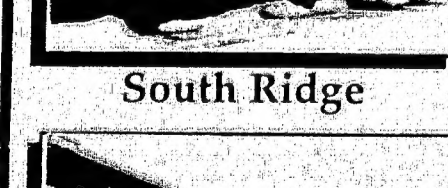
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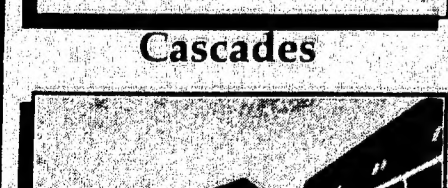
South Ridge



Cascades




Merrill Brook




Brookside

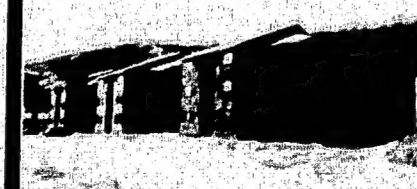
NORTH PEAK			
I-101	\$81,900	Two Bedroom/One Bath	One-level
I-111	\$78,000	Two Bedroom/One Bath	One-level
I-212	\$81,000	Two Bedroom/One Bath	One-level
I-312	\$80,900	Two Bedroom/One Bath	One-level
III-303	\$84,900	Two Bedroom/One Bath	One-level
III-305	\$82,500	Two Bedroom/One Bath	One-level
BROOKSIDE			
I-A307	\$84,500	Two Bedroom/One Bath	One-level
II-A116	\$61,500	One Bedroom/One Bath	Bi-level
II-B309	\$58,500	One Bedroom/One Bath	Bi-level
II-B113	\$58,900	One Bedroom/One Bath	Bi-level
II-B313	\$59,900	One Bedroom/One Bath	Bi-level
II-B315	\$59,900	One Bedroom/One Bath	Bi-level
II-A203	\$45,900 u/c	Studio/One Bath	One-level
II-A209	\$44,500	Studio/One Bath	One-level
II-B209	\$46,000	Studio/One Bath	One-level
II-B213	\$46,500	Studio/One Bath	One-level
CASCADES			
B14	\$54,900	Studio/One Bath	One-level
SUNRISE			
C-119	\$63,000	One Bedroom/One Bath	Bi-level
C-120	\$63,000	One Bedroom/One Bath	Bi-level
C-124	\$56,900	One Bedroom/One Bath	Bi-level
C-125	\$55,000	One Bedroom/One Bath	Bi-level
FALL LINE			
W-107	\$56,900	One Bedroom/One Bath	Bi-level
W-201	\$54,900	One Bedroom/One Bath	Bi-level
W-215	\$56,900	One Bedroom/One Bath	Bi-level
S-111	\$65,900	One Bedroom/One Bath	Bi-level
WHITE CAP			
A-201	\$67,900	One Bedroom/One Bath	One-level
A-405	\$66,000	One Bedroom/One Bath	One-level
B-317	\$63,900	One Bedroom/One Bath	One-level
B-414	\$64,900	One Bedroom/One Bath	One-level
B-416	\$63,900	One Bedroom/One Bath	One-level
B-212/213	\$125,000	Three Bedroom/Two Bath	One-level
SOUTH RIDGE			
B-3	\$64,900	One Bedroom/One Bath	Bi-level
J-4	\$129,900	1-2 Bedroom/Two Bath	Tri-level
L-6	\$154,900	3-4 Bedroom/Two Bath	Tri-level



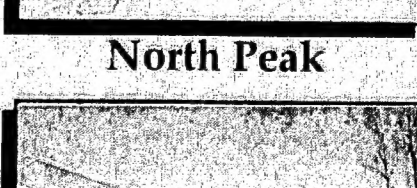
White Cap



North Peak



Fall Line



Sunrise

Sunday River Realty - Box 450 - Bethel, Maine 04217
(207) 824-3000 Ext.333

SMH light donors

By BARBARA DOUGLASS

Listed below are names of donors from Bethel and Locke Mills who purchased lights for the 1994 Stephens Memorial Hospital Christmas tree in memory of family, relatives or friends.

Bethel: Dana and Barbara Douglass, in memory of Mr. and Mrs. William Anderson; Richard Hosterman, in honor of Dr. William Medd; Richard Hosterman, in honor of Dr. Andalkar; Richard Hosterman, in honor of Dr. Eriksson; Rita Davis, in memory of Richard Davis; Dana and Barbara Douglass, in memory of Mr. and Mrs. Dana C. Douglass Sr.; Cherry Douglass, in memory of Peth Chapman III; Cherry Douglass, in memory of Benjamin Chamberlain; Cherry Douglass, in honor of Judith Kahn; Cherry Douglass, in memory of Alice Anderson; Amy Davis, in memory of Ruth Carver Ames; Sumner and Lois Burgess, in memory of Mr. and Mrs. Carroll Burgess; Tineke and Marvin Owinga, in memory of Joan Owinga; Steve and Peggy Wright, in memory of Helen Kubach; Ken Behr, in memory of Miriam Behr; Arthur and Ellen Marshall, in memory of William Skeer; Jan and Dexter Stowell, in memory of H. Kirke Stowell; Dennis and Betty Dowen, in honor of Jeanne Caron; Walter and Carolyn Hutch, in memory of our parents; Mary, Dick and Doris Valentine, in memory of Carroll and Nell Valentine; Jack and Margaret Trivard, in memory of Hazel Trivard; Jack and Margaret Trivard, in memory of Mr. and Mrs. George Trivard; His family, in memory of Eric Benoit; His family, in memory of George W. Bennett; Jean Aron and Dan Cross, in memory of Stephen Aron; Cathy and Charles Newell, in memory of Walter Newell; Cathy and Charles Newell, in memory of Fred Newell; Eleanor L. Packard,

in memory of Anthony Pugliese; wife and family, in memory of Chester (Ted) Wheeler; Wendy Rice and Shelley Douglass, in memory of Elizabeth Wheeler; Wendy Rice and Shelley Douglass, in memory of Edward "Stub" Wheeler; Mary Doocan, in memory of Ruth Wilkinson; Mary and Gayland Doocan, in memory of Andrew Witter; Mary Doocan, in memory of Christine Kimball; Grandchildren, in memory of Richard W. Bean; Anita and Dan Gibbs, in memory of Guy Gibbs; Jamie E. Grover, in memory of John Grover; Celia Gorman, in memory of Charlie Gorman; Celia Gorman, in memory of Elizabeth Wheeler; Celia Gorman, in memory of Edward Wheeler; Celia Gorman, in memory of Leonard E. Kimball; Celia Gorman, in memory of Christine Kimball; Norma Jodrey, in memory of Melvin A. Jodrey; June Greig, in memory of Jane G. Barli; June Greig, in memory of Norman I. Greig; Joy Yarnell, in memory of Gladys Heywood; Earlen and Mary Rice Keniston, in memory of Marion Lapham Arsenault; Joy and Jim Yarnell, in honor of Michael Lacombe; Gwendolyn Currier, in memory of John Currier; Brad and Judy Barker, in memory of Beatrice Barker; Brad and Judy Barker, in honor of Leroy Barker; Brad and Judy Barker, in honor of Dr. William Mehl; Brad and Judy Barker, in honor of Dr. Robert Steacy, Jr.; Brad and Judy Barker, in honor of Dr. Andalkar; Jean Trapp Wise, in honor of the Wise grandchildren; David and Rickie Poble, in memory of Donald S. Poble; David and Rickie Poble, in memory of Helen D. Poble; David and Rickie Poble, in memory of Paul Ackley; John, Ed, and Sharon Daye, in memory of Ramona Reynolds; John, Ed, and Sharon Daye, in memory of Lisa Reynolds; John, Ed, and Sharon Daye, in honor of Hilda Patterson; John, Ed, and Sharon Daye, in honor of Robert

Heino; Mom and Dad, in honor of Sharon Daye; Mr. and Mrs. John Elliot and Family, in memory of Patricia K. Maguire; Friends at Bethel Savings Bank, in memory of Patricia K. Maguire; Friends at Bethel Savings Bank, in memory of Raymond Emond; Martin J. Eberhardt, in memory of loved ones; Curt and Joanne Bailey, in memory of Lois Eberhardt; Wendy and Dick Penley, in memory of loved ones; Cheri and Fuzzy Thurston, in memory of loved ones; Sylvia and Ken McCulloch, in memory of my mother; Ruth and Herb Bly, in memory of loved ones.

Locke Mills: Georgia Jordan, in memory of Ansel Jordan; Mansfield Packard, in memory of Kate Packard; Mr. and Mrs. Ellsworth Hathaway, in memory of Brian Ellsworth Hathaway; Joyce and Ellsworth Hathaway, in memory of Herman, Ted and Larry Cummings; Mr. and Mrs. Ellsworth Hathaway, in memory of Mr. and Mrs. Lester Hathaway; Ruby Ring, in memory of John Evans; Merle Ring, in memory of John Evans; Esther B. Pierce, in memory of Harry Pierce; Esther B. Pierce, in memory of Mr. and Mrs. Clifton E. Bean; Esther B. Pierce, in memory of Georgia Crockett; Esther B. Pierce, in memory of Mr. and Mrs. Edward O. Bean; Evelyn T. Bean, in memory of Chester C. Bean; Evelyn T. Bean, in memory of Mr. and Mrs. Granville Thurston; Evelyn T. Bean, in memory of Mr. and Mrs. Herman L. Thurston; Evelyn T. Bean, in memory of Bernard G. Thurston; Michael G. Casper, in memory of Marguerite Casper; Michael G. Casper, in memory of Mr. and Mrs. Gregory Casper; Marcia and Bob O'Neil, in memory of Mr. and Mrs. Elmer O'Neil; Marcia and Bob O'Neil, in memory of Mr. and Mrs. Richard C. Dennis; Evelyn T. Bean, in honor of Mr. and Mrs. Donald P. Thurston; Evelyn T. Bean, in honor of Ray H. Thurston.

Obituaries

KAARLO V. POLVINEN

Kaarlo V. Polvinen, 75, of Norway, died Friday, Jan. 13, 1995, at the Market Square Health Care Facility in South Paris. He was born in Greenwood on Dec. 19, 1919, son of Kalle and Esther Kyllonen Polvinen. He attended Greenwood schools.

Mr. Polvinen had been a farmer and a woodsman for many years and had worked for Cornwall's Industries for over 16 years. He had lived in the Norway area for many years, coming from Greenwood. He married the former Fannie Kuvaja on April 28, 1948.

He was a member of the Mission Congregational Church in West Paris, and the Finnish-American Heritage Society of Maine in West Paris.

Survivors include his wife of Norway; two daughters, Sylvia Chandler of Falls Church, Va., and Esther Webber of South Paris; one son, Alvin Polvinen of Auburn; one sister, Hilja Johnson of Valley Cottage, N.Y.; one brother, Walter Polvinen of Norway; one step-sister, Rauha Malmberg of Contoocook, N.H.; and four grandchildren.

Funeral services were held Tuesday, Jan. 17, at the Raymond/Weston-Chandler Funeral Home, Norway, with the Rev. Russell Lane of the Mission Congregational Church of West Paris officiating. Interment will be in the Finnish Cemetery, West Paris, in the spring. Donations in Mr. Polvinen's memory may be sent to the Finnish-American Society, West Paris, ME 04289, or to the Mission Congregational Church of West Paris, c/o Alvar Immonen, Pine Street, South Paris, ME 04281.

The Bethel Citizen
For complete local news coverage

MARIE E. LANG

Marie E. Lang, 87, died Friday, Jan. 20, 1995, at the Rumford Community Hospital. She was a resident of Pleasant Street in Andover.

She was born in Andover on March 28, 1907, daughter of Matthew and Dolly Howard Elliot. She was a graduate of Andover High School with the class of 1925 and also graduated from Gorham State College with a B.S. degree in 1967. She taught schools in Andover and East Andover until her retirement in 1969. She was married on June 19, 1928, to Arthur L. Lang, who died in Andover in June of 1953.

Mrs. Lang was a member of the Andover Congregational Church, where she served as a clerk, member of the ladies aid, and Mount Zion Chapter 142, O.E.S.

Survivors include a son, Elliot of Hudson, N.H.; two daughters, Mrs. Gerald (Helen) Deans and Dorothy Lang, both of Andover; four grandchildren and seven great-grandchildren. She was predeceased by a sister, Evelyn Stevens, and a brother, Jesse, and by three grandchildren, Gerald and Randy Deans and Deborah Lang.

Funeral services were held Monday, Jan. 23, at the Andover Congregational Church with Pastor Jane Rich officiating. Interment will be in Woodlawn Cemetery, Andover, in the spring. Those who desire may contribute to the Andover Congregational Church, Andover, ME 04216, in her memory.

CARMOND R. MOORE

Carmond R. Moore, 67, of Fayette and formerly of Bethel, died Friday, Jan. 20, 1995, at a Veterans Hospital after a long illness.

He was born in Rangeley Plantation on Dec. 27, 1927, the son of Esma L. Wood. He attended schools in Rangeley and Phillips and graduated from Phillips High School in 1945 as Athletics King. He was a member of the band, orchestra, Glee Club Theater, sports and joke editor of the Phillipian.

He enlisted in the Navy in 1945. He was a member of the Maine State Guard and served as bugler. He was also a member of the American Legion Post of Bethel. He worked in various capacities and operations of woodworking plants throughout western Maine. He retired in 1984 due to a disabling illness. He married Avis Harnden on July 7, 1951.

Mr. Moore is survived by his wife, two daughters, Dale Rodrigue of Greene and Terry Dyer of Fayette; two stepdaughters, Brenda Gurney of Auburn and Cheryl Plouffe of Lewiston; a special grandson, Brandon "Elvis" Moore; 11 other grandchildren and five great-grandchildren. He was predeceased by a son, Brian R.

Gravestone services will be held in the spring at the East Bethel Cemetery. Memorial contributions may be made in his memory to the D.A.V., c/o Alfred Gurney, P.O. Box 151, VA Center, Togus, ME 04240.

JUNE PLUMMER

June Plummer, 68, died Saturday, Jan. 21, 1995, at the Rumford Community Hospital.

A resident of Rumford the past 21 years, she resided at 118 Somerset St., Rumford. Former resident of Brunswick and Lewiston and Malden, Mass.

She was born in Malden, Mass., on June 16, 1926 and was the daughter of Moses and Hazel Clough Awad. She had attended schools in Massachusetts.

She was school librarian at the Hawthorne Elementary School in Brunswick, where she founded the school library. While in Rumford she served as the church secretary at the Rumford United Methodist Church where her husband was pastor. She also was the children's librarian at the Rumford Public Library, where she started many programs including the Summerfest and Mother-Tot Roundup. After more than 17 years she retired in 1994 due to ill health.

Mrs. Plummer was a member of the Rumford United Methodist Church and was very active in the church including the Sara Ann's, Evening Guild, United Methodist Women, and helped reorganize the Annual Church Fair, which she had chaired for several years. She was awarded the "Citizen of the Year Award" in 1984 by the Rumford Rotary Club; she was also awarded the "Friend of the Teachers Award" by the Maine State Teachers Association.

She was married in Malden, Mass. on July 30, 1954 to Rev. Robert H. Plummer who survives of Rumford. Other survivors include her mother, Mrs. Hazel Awad of Malden, Mass.; two sons, David Plummer of Merrimack, Mass. and Mark Plummer of Dexter, Mich.; two sisters, Mrs. Donald (Diane) Malcolm of Dedham, Mass. and Mrs. Albert (Jill) Amico of Wakefield, Mass.; one brother, Mr. Clyde Awad of Sonoma, Calif.; and one granddaughter.

Funeral services were held Tuesday at the Virgin Memorial Chapel of the Rumford United Methodist Church with Rev. Linda Shevlin officiating. Interment in the Lakeside Cemetery, Wakefield, Mass. Those who desire please contribute to the Rumford United Methodist Church, c/o Robert Weirich, HCR Box 41, Rumford Center, Me., 04278 or to the Children's Room of the Rumford Public Library, 58 Rumford, Me., 04276 in her memory.

WEDDINGS • BIRTHS • OBITUARIES

To submit notices, you may bring in your copy to The Bethel Citizen before 5 p.m. on Fridays to be considered for publication the following Wednesday.

Send information to: Editor,
The Bethel Citizen, PO Box 169,
Bethel, Maine 04217

Lordy, Lordy,
Look Who's 40

Happy Birthday
Gayle



Card of Thanks

The family of Leonard Tyler would like to thank our family and friends for the sympathy and understanding extended to us since our loss. Your thoughtfulness has made these hard times much easier to bear.

Carlton, Patricia, Wendall
& Roland - children
Clare & Edith - sisters

Card of Thanks

For my friends and neighbors I thank you for the phone calls, cards, letters, flowers, fruit baskets, and goodies I received while I was in CMHC.

Special thanks to several of my friends for your T.L.C. you know who you are!

Evelyn Reed

Golden Daffodil Sale!

Although the sun refused to shine on us, you can bring cheerfulness to your home or office with a handful of yellow daffodils at only \$2.99 for a bunch of 10, don't be without them!

Roses \$18.99
dozen

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Flower Shop

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Mon-Fri.
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MADAM WAOO SHED CLAP
ALAMO AWAY MAORI REEL
SPRINGROLL ABETS EERO
GABLE PRIDEANDJOY
STROLL BADEN GEO
ACHILLES LOS CARESSES
FRENCH UND CRIED HEE
TAB ATASTEOPHONEY ORE
EPI UTAR PLEAT ACID
REG ETON GUEST JOCKEY
VENOM MALES SOLT
CRATER HATES HIKIE NGO
HILLO AARON DOZE GUT
ILL QANDYSTRIPEERS PIT
OEDYSEES AXE THINE
GOOYSSIES MEG STRAINER
ETC DINNER EUREKA
DOTTEDSWISS HOTEL
EDIT OLIVE HIGHSTERRA
BOLL TAPER INRE NADER
TREE EVER DEER GRAFT

SAVE



1993 DODGE INTREPID ES 4 DR

\$316.

1993 DODGE SHADOW 4 DR

\$148.

SAVE



1993 GEO TRACKER CONV 4X4

\$195.92 mo

Down cash or trade for 24 mos

1991 FORD TEMPO GL 4 DR

\$125.98 mo

Down cash or trade for 24 mos

1991 FORD AEROSTAR 4X4

\$183.93 mo

Down cash or trade for 24 mos

1991 CHEVY ASTRO VAN

\$188.

Down cash or trade for 24 mos

1990 HONDA CIVIC 4 DR

\$131.

Down cash or trade for 24 mos

1990 DODGE CARAVAN

\$168.77 mo

Down cash or trade for 24 mos

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\$133.93 mo

Down cash or trade for 24 mos

1989 CHEVY G20 CONVERSION VAN

\$174.77 mo

Down cash or trade for 24 mos

1989 CHEVY C1500 PKUP

\$136.92 mo

Down cash or trade for 24 mos

1989 GMC 1500 4X4 W/PLOW

\$314.75 mo

Down cash or trade for 24 mos

1989 DODGE COLT 4X4 WGN

\$101.36 mo

Down cash or trade for 24 mos

1989 CHEVY CAPRICE WGN

\$181.81 mo

Down cash or trade for 24 mos

1989 PONTIAC GRAND AM LE 2 DR

\$130.47 mo

Down cash or trade for 24 mos

1988 DODGE COLT VISTA 4X4

\$119.67 mo

Down cash or trade for 24 mos

1988 TOYOTA 4X4 PICKUP

\$164.95 mo

Down cash or trade for 24 mos

1988 CHEVY BERETTA 2 DR

\$118.43 mo

Down cash or trade for 24 mos

1988 CHEVY S-10 EX-CAB 4X4

\$189.94 mo

Down cash or trade for 24 mos

1988 CHEVY CAVALIER 4 DR

\$91.99 mo

Down cash or trade for 24 mos

1988 CHEVY CORSICA 4 DR

\$111.28 mo

Down cash or trade for 24 mos

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Down cash or trade for 24 mos

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\$235.69 mo

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1987 FORD BRONCO II 4X4

\$154.36 mo

Down cash or trade for 24 mos

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\$94.12 mo

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1987 BUICK CENTURY 4 DR

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1987 RENAULT GTA 2 DR

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\$101.64 mo

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\$107.63 mo

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1986/2 NISSAN PICKUP

\$106.90 mo

Down cash or trade for 24 mos

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\$110.08 mo

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1986 FORD ESCORT WGN

\$88.25 mo

Down cash or trade for 24 mos

1986 CHEVY C10 PICKUP

\$138.37 mo

Down cash or trade for 24 mos

1986 ISUZU PICK-UP

\$113.23 mo

Down cash or trade for 24 mos

1986 BUICK CENTURY WGN

\$113.45 mo

Down cash or trade for 24 mos

1986 BUICK SKYHAWK WGN

\$110.01 mo

Down cash or trade for 24 mos

1986 FORD F350 UTILITY BOX

\$197.01 mo

Down cash or trade for 24 mos

1986 PONTIAC 6000 S/E 4 DR

\$128.65 mo

Down cash or trade for 24 mos

1986 BUICK CENTURY LIMITED 4 DR

\$125.92 mo

Down cash or trade for 24 mos

1985 CHEVY S-10 BLAZER 4X4

\$153.51 mo

Down cash or trade for 24 mos

1985 FORD F-150 PICK UP

\$150.40 mo

Down cash or trade for 24 mos

1985 CHEVY C-10 PICKUP

\$144.51 mo

Down cash or trade for 24 mos

1985 DODGE CARAVAN

\$159.34 mo

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1988 Ford Taurus, 4 Dr., Black.....\$1995	1985 Ply. Caravelle, 4 Dr., Blue, low Mi.\$1595	1983 Nissan Sentra Wgn., Silver.....\$695
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1987 Dodge Shadow, 2 Dr., Red.....\$1995	1984 Pontiac Bonneville, 4 Dr., White.....\$595	1979 Dodge Ram Charger 4x4, Brown.....\$2995
1987 Mercury Grand Marquis, 4 Dr., Gray.....\$2295	1984 Buick Century, 4 Dr., Tan.....\$795	1979 Ford Conversion Van, Nice.....\$3295
1985 Chevy Suburban Diesel, Blue/Grey.....\$3495	1984 Chevy Caprice Wgn., 8 Pass, Blue.....\$1295	

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